

Sun-Dried Tomato Stuffed Chicken Breasts (Grilled)

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Servings: 4

*4 (8 ounce)
boneless/skinless chicken
breasts
3 tablespoons oil from a jar
of sun-dried tomatoes
2 cloves garlic, sliced
salt (to taste)
pepper (to taste)
1 zucchini, thinly sliced
1 cup sun-dried tomatoes,
chopped
4 ounces smoked
mozzarella, sliced
few basil leaves*

Make the filling: In a bowl, mix the sun-dried tomato oil and garlic cloves. Season with salt and pepper.

With your knife parallel to the cutting board, slice the chicken breasts in half horizontally without cutting all the way through. Open like a book. Cover with plastic wrap. pound until 1/2-inch thick.

Season the chicken on both sides with salt and pepper. Brush the pounded chicken with half of the sun-dried tomato oil. Top with the zucchini, chopped sun-dried tomatoes, mozzarella and basil leaves, leaving a one-inch border around the edges. Roll up the chicken toward the pointy end. Tie with three pieces of kitchen twine. Brush with the remaining sun-dried tomato oil.

Grill on oiled grates over medium heat, turning, until cooked through, 18 to 20 minutes.

Transfer to a cutting board. Let rest for 5 minutes.

Remove the twine and slice.

Per Serving (excluding unknown items): 41 Calories; trace Fat (8.1% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 264mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat.