

Artichoke stuffed chicken breasts



Stuffing:
 2 tbsp extra-virgin olive oil
 1 tsp dried thyme
 ¼ tsp crushed red pepper flakes
 7 oz artichoke hearts, drained, rinsed & chopped
 2 tsp minced garlic cloves
 ¼ tsp kosher salt
 ¼ tsp black pepper
 3 oz goat cheese, crumbled

3 tbsp drained & minced oil-packed sun-dried tomato halves
 2 tbsp basil leaves, chopped
Chicken:
 4 8 oz boneless chicken breast halves (with skin)
 Extra-virgin olive oil
 Kosher salt
 black pepper

1. In skillet combine oil, thyme, & red pepper flakes. Heat over medium-high heat to warm oil mixture for 1-2 min. Then add artichokes, garlic, salt, & pepper. Cook for 3-4 minutes, stirring occasionally. Remove from heat and let cool. Add goat cheese, sun-dried tomatoes & basil, mix well.
2. Warm grill to medium heat (350° - 450°).
3. Place each chicken breast between 2 sheets of plastic wrap, with mallet or back of pan pound flat to even thickness of ¼ in. Place breasts, skin side down, & spread each one with a quarter of stuffing. Fold breasts in half over stuffing and use toothpicks to skewer sides closed. Brush both sides with oil and season with salt and pepper.
4. Grill chicken breasts over direct medium heat, with lid closed, until juices run clear & cheese is melted, 8-12 min, turning once. If flare-ups occur, finish grilling the breasts over indirect heat. Remove from grill and carefully remove toothpicks. Serve warm.

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Mitch Schmitt
 Managed Print Specialist



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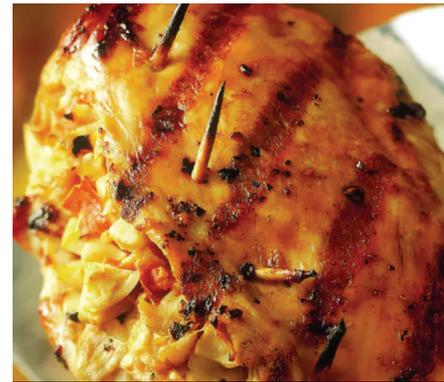
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