



Bacon Wrapped Stuffed Chicken November

Makes: 4 servings

Prep Time: 15 min

Cook Time: 1 hour

Ingredients

- 4 medium boneless skinless chicken breasts, butterflied (cut lengthwise in half like a book)
- 8 slices uncooked bacon (or prosciutto)
- 1/2 C onion finely chopped
- 1/2 C chopped spinach or mushrooms (optional)
- 1/2 C shredded Swiss cheese (or any cheese)
- 2 Tbs chopped fresh parsley (or 1 Tbs dehydrated parsley)
- 1 tsp salt
- 1/2 tsp pepper
- 2 Tbs butter
- toothpicks

Directions

1. Preheat oven to 350 degrees F.
2. Melt butter over medium heat in a large skillet. Saute onion, mushrooms and/or spinach until tender, approximately 5 minutes. Remove from heat and set aside.
3. Meanwhile, prepare chicken breasts for stuffing by cutting in half lengthwise like a book.
4. Mix shredded cheese and parsley into the mushroom/spinach/onion mixture. Sprinkle chicken with salt and pepper. Divide evenly, stuff into the chicken, and then fold in half.
5. Carefully wrap each folded breast with 2 slices of bacon (or prosciutto), secure with a toothpick if needed. Place on a deep baking sheet or casserole dish.
6. Bake for 45-60 minutes, depending on the thickness of the rolls. The chicken is done when juices run clear, or the internal temperature is 180 degrees F.

HEARTLAND WEIGHT LOSS

