

ASPARAGUS STUFFED CHICKEN BREASTS



SERVING SIZE

6



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Boneless Chicken Breasts	2 Lb.	Asparagus	12
Salt	¼ Tsp.	Walden Farms Balsamic Vinegar	¼ Cup
Black Pepper	¼ Tsp.	Olive Oil	½ Cup
Italian Seasoning	1 Tbsp.	Garlic, Mince	2 Tsp.



PREPARATION

- ✔ Preheat oven to 375°F (190°C).
- ✔ Slice each chicken breast lengthwise to create a pocket, but don't cut all the way through.
- ✔ Season the chicken with salt, pepper, and Italian seasoning.
- ✔ Place 2 asparagus spears inside each chicken breast and secure with toothpicks.
- ✔ In a small bowl, mix balsamic vinegar, olive oil, and minced garlic.
- ✔ Brush the mixture over the stuffed chicken breasts.
- ✔ Heat a skillet over medium heat and sear the chicken for 2 minutes on each side.
- ✔ Transfer to a baking dish and bake for 20-25 minutes, until chicken is cooked through.
- ✔ Remove toothpicks before serving.