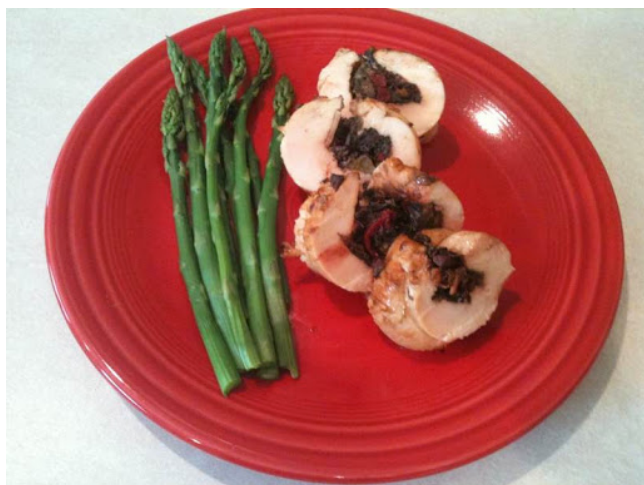


# Swiss Chard Stuffed Chicken Breast



Serves: 6

Developed by Greg Strahm

A low carb, high protein entree with a delicious filling of Swiss chard, mushrooms, garlic, and leeks makes this a delicious yet healthy meal. The filling by itself would make a great side dish.

Prep Time: 20 minutes

Cook Time: 20 minutes

---

## Ingredients:

3	large chicken breasts, skinless and boneless
1 bunch	fresh swiss chard
1	leek, rinsed and thinly sliced
1 cup	fresh shitake mushrooms, coarsely chopped
4 cloves	fresh garlic, minced
2 tablespoons	butter
2 tablespoons	extra virgin olive oil
1/3 cup	marsala
2 tablespoons	balsamic vinegar
	salt and freshly ground black pepper, to taste

## Directions:

FILLING:

1. Trim stems from Swiss Chard, wash and drain.
2. In a large skillet over medium hi heat melt butter and oil.
3. Add leek, garlic, and mushrooms. Saute until lightly caramelized.
4. Add Chard and allow to wilt.
5. Add Marsala and Balsamic to deglaze. Reduce heat to medium and let simmer until liquid evaporates (8-10 minutes).
6. Adjust seasoning with salt and pepper. Remove from heat and set aside.

#### CHICKEN:

1. Butterfly chicken breasts and pound to about 1/4 inch thick between plastic wrap.
2. Season with salt and pepper and divide filling evenly between all pieces. Should be spread evenly and leaving about 1/2 inch on all sides.
3. Roll and tie with kitchen string about ever 2 inches.
4. In a heated skillet add just enough olive oil to brown on all sides.
5. Deglaze with a little marsala and place skillet into a preheated 375° F oven until internal temp reaches 150°F.
6. Remove from oven, cover and let rest for 10 minutes. Remove string and slice into medallions and serve.