

BRIE-STUFFED BREAST OF CHICKEN

Complete your dinner with **EATING RIGHT™** European Blend Salad topped off with the savoury **EATING RIGHT™** Balsamic and Red Wine Vinaigrette salad dressing.

Preheat oven to 350°F (180°C)
4-cup (1 L) covered casserole

Ingredients:

4	boneless skinless chicken breasts
4 tsp (20 ml)	pesto sauce
2 oz (60 grams)	Brie Cheese, rind removed and diced (1/2 cup / 125 ml)
¾ cup (175 ml)	chicken broth
¼ cup (50 ml)	white wine
2 tbsp (25 ml)	lemon juice
½ cup (125 ml)	2% evaporated milk

Per Serving

Calories: 234

Dietary Fiber: Trace

Carbohydrate: 5 grams

Fat: 8 grams

Protein: 33 grams

Directions:

1. With meat mallet, pound chicken between plastic wrap to ¼ inch (5mm) thickness. Spread 1tsp (5 ml) pesto over each breast; place Brie cheese in middle. Fold up sides and ends, overlapping to cover cheese completely; secure with toothpick if necessary. Place seam side down in 4-cup (1 L) covered casserole.
2. In a saucepan, bring chicken broth, wine and lemon juice just to a boil; pour over chicken. Cover and bake in preheated oven for 15 to 20 minutes or until no longer pink.
3. Reduce temperature to 200° F (100° C). Drain liquid from breasts into rinsed saucepan; return covered breasts to oven to keep warm. Boil liquid until reduced by half. Stir in evaporated milk; simmer until hot.
4. Slice chicken breasts and fan on warmed plates; drizzle with sauce.



For thousands of other great recipes, visit us at www.safeway.ca



**ENJOY SAFEWAY'S NEW LINE of deliciously wholesome foods.
Great tasting better for you foods - uniting flavour & nutrition.**