

Reckless In The Kitchen

Bruschetta Stuffed Chicken

Ingredients:

For the stuffing:

- 1 tomato, medium sized, diced
- 3 cloves of garlic, minced
- 1 shallot, diced
- 1/4 c grated cheese (Parmesan, Romano, or Asiago, or a blend of the 3)
- 1 bunch of fresh basil

For the crumb coating:

- 1/4 tsp pepper
- 1/2 tsp salt
- 1/4 c grated cheese
- 1/3 c bread crumbs, unseasoned
- 3 chicken breasts

Directions:

Preheat your oven to 400 degrees. Assemble all of your ingredients for the filling into a small mixing bowl and set aside.

Spray a baking sheet or pan with cooking spray and set aside. Butterfly the chicken breasts. I rarely do a nice job on this, so don't worry if you butcher it a bit, they will still be tasty. Just make sure there is some semblance of a pocket to put the filling in.

Combine the ingredients for the crumb coating (except chicken) on a plate. Take the butterflied chicken breasts and coat the outside in the breadcrumb mixture.

Place the chicken breasts on the prepared cooking pan and spoon 1/3 of the tomato basil mixture into the pocket of the chicken. Repeat this process with all the chicken breasts.

If I have any left over breadcrumb mixture, I sprinkle it on top of the chicken and pat some more into the sides of the breasts.

Roast in the oven for 30-35 minutes (depending on the size of your chicken breasts). Allow the chicken to rest for 5-10 minutes before eating, this is important, because this helps the chicken breasts retain their moisture.