

# Cheese Stuffed Chicken with Pecans

Courtesy of Carole's Creations

Prep Time: 12 minutes

Cooking Time: 12 minutes

Serves: 4

**CChints:** You can find Boursin® Light cheese in the gourmet cheese sections of most markets. It comes in a 4.4 ounce container which is a little more than 1/2 cup. You only need 1/3 cup of the spreadable cheese for the recipe which leaves a little to enjoy with crackers.



4 skinless, boneless chicken breasts  
1/3 cup Boursin Light cheese  
1/2 cup chopped pecans, divided  
2 tablespoons chopped fresh parsley, divided  
1 tablespoon chopped fresh oregano  
1/2 teaspoon salt  
Dash of black pepper  
1 teaspoon butter  
1 teaspoon olive oil  
1/2 cup chicken broth

McSteamed Vegetables:  
4 servings fresh asparagus  
2 teaspoons water  
1 teaspoon Molly McButter® butter  
flavored sprinkles  
Pinch of salt and pepper  
  
4 servings of a boxed whole grain rice  
rice mix with pecans

Since the rice will take 20-30 minutes, depending on the type you select. Follow the boxed directions and start the rice first. The goal is to have it entire dinner ready at the same time.

Rinse the chicken and cut off any excess fat. Cut a horizontal slice through the thick part of each breast and almost through to the other side...you are making a long pocket to stuff the cheese mixture. Set aside on a work service.

In a small mixing bowl combine the cheese and all but 3 tablespoons of the pecans. Set them aside until the end. Add 1 tablespoon of the parsley, the oregano and blend well. Spoon about 1-1/2 tablespoons of the cheese mix into each chicken's pocket and close with a wooden toothpick. Sprinkle both sides with the salt and pepper.

Add the butter and oil to a large nonstick skillet over medium heat. When the butter has melted, stir it together with the oil. Carefully place each piece of chicken to the pan and cook covered for 5-6 minutes and do not move it during this time in order to allow them to brown. Turn them over and cook for another 5 minutes, or until the chicken is done.

During this time check the rice and wash everything that came in contact with the raw chicken. Use this time to prep the asparagus by trimming the ends. You can find the right spot to cut if you pick one up and hold the cut end in one hand and the stock in the other. Try to break off the cut end and where it breaks is where they all should be cut. This is usually about 1 to 1-1/2 inches up from the cut end. Place them in a microwavable container. Sprinkle with the butter flavor sprinkles and sprinkle with salt and pepper. Place the cover on the vegetables, leaving an opening or hole for steam to escape. Microwave on high for 2 minutes then check for desired tenderness. Microwave another minute or two, if desired.

When the chicken is done, remove them from the pan and transfer to a serving platter. Cover with foil and let stand for 2 minutes. Turn off the heat and slowly pour the chicken broth, scrapping the bottom of the pan to loosen the chicken bits. Stir 1-1/2 minutes and pour into a small serving bowl.

Uncover the chicken, remove the toothpicks and cut each one in half to reveal the cheese. Pour the sauce on top and sprinkle with the remaining parsley and pecans. Serve with the vegetables and rice.