

Sausage Stuffed Chicken

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 12 minutes

Serves: 4

CChints: We used reduced fat sausage to save on the fat but not at the expense of the flavor. A normal package of sausage is about 12 ounces. You can section off 3 ounces of sausage and put it in a plastic bag and refrigerate until you are ready to cook dinner.

Make patties out of the rest for breakfast. When working with raw turkey or chicken, always make sure you wash everything that comes into contact with the meat. When you cook with wine the alcohol burns off and you are left with flavor. You can substitute chicken broth for the wine if you like.



4 servings of rice

3 ounces breakfast sausage

1/4 cup minced yellow, sweet onion

2 tablespoons chopped celery

1 glove minced garlic, fresh or from a jar

1/4 cup dry white wine

1 teaspoon fresh thyme leaves

1 teaspoon chopped, fresh oregano leaves

1/2 teaspoon salt, divided

Dash of black pepper

1 slice of wheat or multi-grain bread, toasted

2 boneless, skinless chicken breasts

2 teaspoons olive oil

1/2 cup reduced fat chicken broth

Side vegetable of your choice

Rice: Look at the cooking directions on your rice. It could take 5 to 25 minutes to cook so you need to time it so the rice is done when the chicken is done.

Heat a large nonstick skillet over medium heat. Add the sausage, onions and celery and crumbling the sausage as it cooked. Cook for 5 minute, stirring occasionally. Add the garlic for 1 minute and stir in the wine for another minute as it cooks down. Remove from the heat and add the herbs and crumble the toasted bread into the pan. Add half of the salt and pepper and let it sit for 5 minutes to allow the liquid to be absorbed by the bread. During this time you can prepare the chicken and maybe start your side vegetables.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. When you are done, sprinkle with the rest of the salt and pepper.

Lay each piece of chicken out on the plastic wrap. Divide the sausage stuffing in half and place it on one end of each piece but leave about 1/2 inch from the end and edges. Fold the other half of each piece of chicken over the stuffing and push a toothpick through both ends.

Heat the same nonstick skillet over medium heat and add the oil. When oil is hot, carefully add the chicken to the pan and cook covered for 3 minutes on each side. Add the chicken broth to the pan scraping the bottom of the pan with a wooden spoon to get the brown bits to release from the bottom of the pan for 1 minute. Reduce the heat and cover again for 5 minutes. Turn off the heat under the pan and transfer the chicken to a cutting surface and continue to let the broth cook.

During this time, do a little clean up and check your rice and side vegetables.

Put a serving of rice on each plate. Carefully remove the chicken from the pan and remove the toothpicks. Cut each breast in half and lay on top of the rice. Spoon the pan juices over the chicken and add your side vegetable. Enjoy!