

Stuffed Chicken with Orange Sauce

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 20-25 minutes

Serves: 4

CChints: This recipe calls for only 1 cup out of a box of stuffing.

You can use the rest in any meatloaf recipe on this website.

This is a nice meal to have all year round.



3 teaspoons unsalted butter, divided

1 teaspoon olive oil

1/2 cup diced apple, peeled

1/3 cup yellow onion, diced

1 stalk celery, diced

dash salt and pepper

2 glove minced garlic, fresh or from a jar

3/4 cup fat-free, reduced sodium chicken broth

1 cup dry chicken flavor stuffing mix, like Stove Top by Kraft®

4 boneless, skinless chicken breasts

A few wooden toothpicks

Salt and pepper to taste

1/2 cup Orange Marmalade

11 ounce can Mandarin oranges, drained

Side vegetable, asparagus or broccoli

Heat 2 teaspoons butter in a large nonstick skillet over medium heat. Add the apples, onions and celery, stir occasionally for 5 minutes. Add the garlic for 1 minute. Slowly pour in the broth and bring it to a boil. Remove from the heat and use a wooden spoon to stir in the stuffing. Transfer this mixture to a bowl and set aside.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. 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 1/3-1/2 inch thick and return it to the plate. It's okay to have left over dressing, you can serve it as a side serving.

Spread the stuffing mixture over each, almost to the edges. Roll up each one and secure them with wooden toothpicks. Sprinkle each with a little salt and pepper. In the same large nonstick skillet add the rest of the butter and the oil to the pan over medium-high heat. When the butter has melted, add the chicken rolls to the pan and cook for 3 minute on all sides. As you are browning, if the toothpicks get in the way, just skip that area. Be sure to wash anything that has come in contact with the raw chicken, including yourself.

Reduce the heat, cover the pan and cook for 10 minutes until done. During this time, prepare the sauce by adding the marmalade and oranges to a small sauce pan. Heat over medium and stir contently until the marmalade is a liquid, about 3 minutes. Remove from the heat but leave it in the pan to keep warm. You can prepare your side vegetable and set the table. If you had any leftover stuffing, add it to the pan during the last 3 minutes, to reheat.

To serve, put a chicken roll on each plate and any extras on a serving plate. Remove and discard the toothpicks. Spoon the orange sauce over all the chicken rolls. Serve with your side vegetable and any remaining stuffing.

Caroleicious!