

Chicken Stuffed with Pepperoncini and Goat Cheese

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Servings: 4

*4 ounces fresh goat cheese
1/4 cup pepperoncini pepper, finely chopped
1 1/2 teaspoons fresh thyme leaves, finely chopped
coarse salt and ground pepper
4 (about 2 pounds total) bone-in, skin-on chicken breasts*

Preparation Time: 10 minutes

Preheat the oven to 425 degrees.

In a small bowl, mash goat cheese with a fork until smooth. Stir in the pepperoncini and thyme and season with salt and pepper.

With a paring knife, cut a one-inch horizontal slit in the thick end of each chicken breast. Using your fingers, create a deep pocket between the meat and bone. Tightly pack each pocket with about two tablespoons of the cheese mixture.

Heat a large cast-iron or other heavy oven-proof skillet over medium-high. Pat the chicken dry with paper towels, season with salt and pepper and arrange in the skillet, skin side down.

Cook for 5 minutes. Transfer the skillet to the oven and bake until the chicken is cooked through and the skin is golden and crisp, 18 to 20 minutes.

Flip the chicken over in the skillet and let rest for 3 minutes before serving.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 3 Calories; trace Fat (0.9% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	3
% Calories from Fat:	0.9%
% Calories from Carbohydrates:	97.6%
% Calories from Protein:	1.6%
Total Fat (g):	trace
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	2mg
Calcium (mg):	1mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	14IU
Vitamin A (r.e.):	1 1/2RE

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 3 Calories from Fat: 0

% Daily Values*

Total Fat trace	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein trace	
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Vitamin A	0%
Vitamin C	1%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.