

Eggplant-Feta Stuffed Chicken Breasts (Grilled)

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Servings: 4

*4 (8 ounce)
boneless/skinless chicken
breasts
1/4 cup olive oil
2 teaspoons harissa™
1 teaspoon ground cumin
pinch salt
pinch pepper
1 Japanese eggplant, sliced
3/4 cup cooked bulgur
1 plum tomato, diced
1/2 cup crumbled Feta
cheese
2 tablespoons chopped
parsley
1 tablespoon chopped mint
1 tablespoon olive oil
1 teaspoon lemon juice
salt (to taste)
pepper (to taste)*

For the filling: In a bowl, whisk 1/4 cup of olive oil, harissa, cumin, salt and pepper. Brush the eggplant with some of the harissa oil and grill over medium heat until tender, 1 to 2 minutes per side. In a bowl, mix the bulgur, plum tomato, feta, parsley, mint, olive oil and lemon juice. Season with salt and pepper.

With your knife parallel to the cutting board, slice the chicken breasts in half horizontally without cutting all the way through. Open like a book. Cover with plastic wrap. Pound until 1/2-inch thick.

Season the chicken on both sides with salt and pepper. Brush the pounded chicken with half of the remaining harissa oil. Place the eggplant on top. Spoon the bulgur mixture on top, leaving a one-inch border around the edges. Roll up the chicken toward the pointy end. Tie with three pieces of kitchen twine. Brush with the remaining harissa oil.

Grill on oiled grates over medium heat, turning, until cooked through, 18 to 20 minutes.

Transfer to a cutting board. Let rest for 5 minutes.

Remove the twine and slice.

Per Serving (excluding unknown items): 235 Calories; 21g Fat (78.8% calories from fat); 4g Protein; 9g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 215mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat.