

Herb- and Cheese-Stuffed Chicken Thighs

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Reliab Magazine - March 2014

8 boneless/ skinless chicken thighs
1/4 teaspoon coarse salt
freshly ground black pepper
1/2 pound provolone cheese, diced
1/2 cup fresh sage
1 cup breadcrumbs
rind of one lemon, finely grated
3 eggs, slightly beaten
1/4 cup extra-virgin olive oil
2 tablespoons honey

Preheat the oven to 450 degrees.

Sprinkle both sides of the thighs with salt and pepper.

In a bowl, combine the cheese, sage, breadcrumbs and lemon rind. Add the eggs and stir well. Place a small mound (two to three tablespoons) of breadcrumb mixture on each thigh. Roll up tightly to cover the filling. Place on a sheet pan or baking dish, seam-side down.

Roast for 30 minutes.

In a bowl, combine the olive oil and honey; mix well. Remove the thighs from the oven and brush with the olive oil-honey mixture.

Roast another 5 minutes or until the thighs are golden.

Let stand 10 minutes before serving.

Per Serving (excluding unknown items): 1637 Calories; 130g Fat (70.9% calories from fat); 77g Protein; 42g Carbohydrate; trace Dietary Fiber; 792mg Cholesterol; 2669mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Lean Meat; 19 Fat; 2 1/2 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	1637	Vitamin B6 (mg):	.4mg
% Calories from Fat:	70.9%	Vitamin B12 (mcg):	5.3mcg

% Calories from Carbohydrates: 10.3%
% Calories from Protein: 18.8%
Total Fat (g): 130g
Saturated Fat (g): 51g
Monounsaturated Fat (g): 62g
Polyunsaturated Fat (g): 8g
Cholesterol (mg): 792mg
Carbohydrate (g): 42g
Dietary Fiber (g): trace
Protein (g): 77g
Sodium (mg): 2669mg
Potassium (mg): 574mg
Calcium (mg): 1856mg
Iron (mg): 4mg
Zinc (mg): 9mg
Vitamin C (mg): trace
Vitamin A (i.u.): 2785IU
Vitamin A (r.e.): 784RE

Thiamin B1 (mg): .2mg
Riboflavin B2 (mg): 1.5mg
Folacin (mcg): 96mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 9 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 19
Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 1637 **Calories from Fat:** 1161

% Daily Values*

Total Fat	130g	200%
Saturated Fat	51g	254%
Cholesterol	792mg	264%
Sodium	2669mg	111%
Total Carbohydrates	42g	14%
Dietary Fiber	trace	0%
Protein	77g	
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Vitamin A		56%
Vitamin C		0%
Calcium		186%
Iron		24%

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