

# Mediterranean Chicken

*The Idaho Rocky Mountain Ranch - Stanley, ID  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 4

*1/2 cup + 1 tablespoon Feta cheese  
1/4 green onion, minced  
freshly ground pepper (to taste)  
4 (6-to-8-ounce) chicken breast halves  
(boneless)  
3 tablespoons clarified butter  
2 small shallots, minced  
1/4 teaspoon fresh parsley or basil,  
chopped  
3 small cloves garlic, minced  
1 teaspoon dried oregano  
1 cup sliced mushrooms  
1 tablespoon flour  
1/3 cup white wine  
1/2 cup chicken stock  
1/2 cup diced tomatoes*

Copyright: James Stroman

Preheat the oven to 375 degrees.

In a bowl, mix 1/2 cup Feta cheese with the green onion and pepper to taste.

Flatten the chicken breasts and lightly pound. Divide the Feta filling equally between the four breasts. Place the filling in the middle of each breast and carefully fold the chicken around the filling. Place in a small shallow baking dish. Bake for 35 to 40 minutes.

Heat a small skillet over medium heat. Add the clarified butter. Add the shallots, parsley, garlic, oregano and mushrooms. Saute' briefly.

Add the flour and gently blend. Stirring constantly, slowly add the white wine. Once the mixture is blended and slightly thickened, add the chicken stock, continuing to stir until completely blended.

Add the tomatoes and one tablespoon of Feta cheese. Let simmer for 10 minutes. Adjust the seasonings if needed and serve over the baked chicken breasts.

*Minced red bell pepper, green bell pepper, olives or spinach may be added to the breast stuffing.*

---

Per Serving (excluding unknown items): 174 Calories; 14g Fat (75.3% calories from fat); 4g Protein; 6g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 483mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Chicken

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	174	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	75.3%	<b>Vitamin B12 (mcg):</b>	.3mcg
<b>% Calories from Carbohydrates:</b>	15.2%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	9.5%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	14g	<b>Folacin (mcg):</b>	17mcg
<b>Saturated Fat (g):</b>	9g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	4g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	13
<b>Cholesterol (mg):</b>	41mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	6g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	4g	<b>Lean Meat:</b>	1/2
<b>Sodium (mg):</b>	483mg	<b>Vegetable:</b>	1/2
<b>Potassium (mg):</b>	190mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	110mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	1mg	<b>Fat:</b>	2 1/2
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	6mg		
<b>Vitamin A (i.u.):</b>	1238IU		
<b>Vitamin A (r.e.):</b>	192 1/2RE		

**Nutrition Facts**

Servings per Recipe: 4

**Amount Per Serving**

**Calories** 174                      **Calories from Fat:** 131

**% Daily Values\***

<b>Total Fat</b> 14g	21%
Saturated Fat 9g	44%
<b>Cholesterol</b> 41mg	14%
<b>Sodium</b> 483mg	20%
<b>Total Carbohydrates</b> 6g	2%
Dietary Fiber 1g	3%
<b>Protein</b> 4g	
<b>Vitamin A</b>	25%
<b>Vitamin C</b>	11%
<b>Calcium</b>	11%
<b>Iron</b>	6%

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