

Baked Stuffed Chicken

- 18 oz chicken breast, boneless, skinless 3 oz.
3 cups gluten-free sausage stuffing (see recipe)
6 cups Ratatouille and lentil stew (see recipe)



Procedure

- 1 Make a pocket in the side of each 3 oz. chicken breast with a paring knife. Fill the pocket with stuffing mixture. Chill.
- 2 Make the Ratatouille and while simmering, bake the chicken 14 minutes at 325°F or until internal temperature reaches 160°F. Place the Ratatouille on the plate and top with the chicken.

Servings: 6

Nutrition Facts

Serving size: 1/6 of a recipe.

Amount Per Serving	
Calories	441
	% Daily Value
Total Fat 14g	22%
Sodium 352mg	15%
Total Carbohydrates 31g	10%
Fiber 11g	44%
Protein 46g	92%

Recipe Type

Chicken, Poultry