

# Apple Stuffed Chicken Breast

Another great recipe from Allrecipes.com

"This is a great dish for the fall."



## INGREDIENTS / SERVINGS-4

- 2 skinless, boneless chicken breasts
  - 1/2 cup chopped apple
- 2 tablespoons shredded Cheddar cheese
- 1 tablespoon Italian-style dried bread crumbs
  - 1 tablespoon butter
  - 1/4 cup dry white wine
    - 1/4 cup water
  - 1 tablespoon water
- 1 1/2 teaspoons cornstarch
- 1 tablespoon chopped fresh parsley, for garnish

## DIRECTIONS

1. Combine apple, cheese, and bread crumbs. Set aside.
2. Flatten chicken breasts between sheets of waxed paper to 1/4 inch thickness. Divide apple mixture between chicken breasts, and roll up each breast. Secure with toothpicks.
3. Melt butter or margarine in a 7 inch skillet over medium heat. Brown stuffed chicken breasts. Add wine and 1/4 cup water. Cover. Simmer for 15 to 20 minutes, or until chicken is no longer pink.
4. Transfer chicken to a serving platter. Combine 1 tablespoon water and cornstarch; stir into juices in pan. Cook and stir until thickened. Pour gravy over chicken, and garnish with parsley. Serve.

### Nutrition Info (per serving)

Calories 138 (33% from fat) | Protein 15g | Fat 5.1g (sat 2.9g) | Carbohydrate 4.9g | Fiber 0.5g | Cholesterol 46mg | Iron < 1mg | Sodium 146mg | Calcium 43mg