



Easy Stuffed Chicken Breasts

- Stuffing:
 - 1 12-oz bag of washed, stemmed NatureSweet™ tomatoes
 - 1 1/2 Tbsp. olive oil
 - 1/2 cup coarsely chopped onion
 - Pinch of salt and pepper to taste
 - 2 cloves garlic, crushed (1 tsp. chopped)
 - 2 Tbsp. dried herbs, such as Herbs de Provence or mixed Italian herbs
 - 3/4 cup cooked brown rice
 - 2 tsp. Almond Accents® Original Oven Roasted sliced almonds
- Chicken:
 - 4 skinless, boneless chicken breasts split in half horizontally
 - 1 whole lemon, to juice
 - 2 pinches of salt
 - Pepper to taste
 - 1 1/2 cups dried breadcrumbs
 - Spray oil for skillet
 - 4 sprigs fresh parsley



Preparation Time : 30
minutes

Prepare tomatoes and place in very hot skillet with oil. Shake skillet until tomatoes are pan roasted and slightly soft. Immediately add onion, seasonings, garlic and herbs; sauté until onion is transparent. Add brown rice and Almond Accents and season to taste. Keep warm. Season split chicken breasts with lemon juice, salt and pepper. Dredge lightly in bread crumbs and sauté over medium heat in oil sprayed, non-stick skillet. Brown quickly on both sides, turning often and cooking completely. Re-spray the skillet with oil if necessary. To serve: Place one layer of chicken on serving plate. Spoon 1/4th of the stuffing mixture on chicken and then top with another piece, aligning top chicken with bottom piece. Garnish with parsley sprig and serve with Warm Tomato Salad.

Makes 4 servings

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