

Stuffed Chicken Breast

4 boneless, skinless chicken breast halves
10 Oz. (300g) package frozen chopped broccoli
1 Tbsp. (15mL) slivered almonds
1/3 lb. (170g) fresh mushrooms, cleaned and sliced
1 small onion, minced
2 Tbsp. (30mL) Mrs. Dash® Garlic & Herb Seasoning Blend
Vegetable oil spray
1 Tbsp. (15mL) butter, unsalted
1 Tbsp. (15mL) flour
1 cup (250mL) 1% milk
3 Tbsp. (45mL) light cream cheese, cut into small cubes
1 1/2 tsp. (7mL) Mrs. Dash® Onion & Herb Seasoning Blend



Lay chicken breast halves between two pieces plastic wrap and pound lightly to flatten. Cook broccoli according to package directions, drain. Lightly spray non-stick skillet with vegetable oil spray. Sauté onion and mushrooms for a few minutes, add broccoli, almonds and Mrs. Dash® Garlic & Herb, continue cooking until thoroughly mixed.

Set aside 1/2 cup (120mL) of the vegetable stuffing. Place 1/4 of the rest of the vegetable stuffing in middle of each chicken breast. Roll each breast and secure with toothpick. Place in baking dish, lightly spray chicken with vegetable oil spray and cover, bake in 350°F (180°C) oven for 25 minutes, remove cover and brown.

Remove toothpicks before serving. Serve with sauce. Make sauce by melting butter in medium saucepan, add flour and mix well, cook flour and butter 1 minute. Add milk slowly and cook until mixture thickens. Turn off heat, whisk in cubes of cream cheese until sauce is smooth. Season with Mrs. Dash® Onion & Herb, stir in reserved stuffing and serve sauce over chicken breasts.