

# CAPRESE STUFFED CHICKEN

## Recipe

### INGREDIENTS

1 large chicken breast  
Fresh mozzarella  
Fresh basil  
4 Roma tomatoes  
Cooking spray

### INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Wash the tomatoes and slice them into 1/4" thick pieces.
3. Cut pieces of mozzarella into 1/2" thick slices.
4. Spray a thin layer of oil in a Pyrex and place the chicken breast inside. Using a sharp knife, make a deep slit every 1 or 2 inches in the chicken breast. Make sure that you don't completely cut through the breast, just deep enough to stuff it!
5. Now for the fun part! Fill each slit with 2 basil leaves, a slice of mozzarella, and a piece of tomato.
6. Place the chicken breast in the oven and bake for 35-40 minutes, or until the internal temperature reaches 165°F.

preparation: 15 min  
total time: 55 min

yields  
4 servings

*Mint to Eat*

