

Asparagus and Mozzarella Stuffed Chicken Breasts

Savannah · 28/09/2024

**Prep Time**

45 mins

Difficult

Medium

Servings

2

Description

This asparagus and mozzarella stuffed chicken dish is easy enough for a Tuesday but looks pretty enough for company. It has a really fresh flavor and goes great with roasted potatoes or rice.

Ingredients

- 2 large skinless
- boneless chicken breast halves - salt and black pepper to taste - 8 asparagus spears
- trimmed - ½ cup shredded mozzarella cheese - ¼ cup Italian-seasoned bread crumbs

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Grease an 8-inch square baking dish. Place each chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid
2. level surface. Firmly pound chicken with the smooth side of a meat mallet to an even thickness of about 1/4 inch. Sprinkle each side with salt and pepper. Place four asparagus spears down the center of each chicken breast
3. then top with mozzarella. Roll chicken around fillings to make tidy
4. compact rolls. Transfer chicken
5. seam-side down
6. to the prepared baking dish and sprinkle bread crumbs over top. Bake in the preheated oven until no longer pink in the center and the juices run clear
7. about 25 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Vanessa Bergen