

# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



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WeightNoMoreDC



## CHICKEN BREASTS WITH BROCCOLI STUFFING

Basic Lifestyle

### Ingredients

4 (4 oz.) chicken breasts	2 cloves garlic, peeled and finely minced
8 TBS broccoli stuffing	pinch Morton's Salt and pepper
1 TBS olive oil	1 bay leaf
cooking spray	2 cups dry white wine
3 scallions, sliced	1 TBS soy or regular flour
1 small onion, peeled and diced	1/3 cup water, or chicken or meat stock

### Instructions for the broccoli stuffing:

Steam 2 cups of broccoli.

Drain and mash well.

Add 1/4 TSP whole-grain mustard, 1/4 TSP regular mustard, 1 TSP lite soy sauce (or Bragg's Liquid Amino), garlic powder, salt and pepper to taste.

### Instructions for the chicken:

1. Wash chicken breasts. Pat dry and pound thin.
2. Spread 2 TBS broccoli stuffing on each. Roll up and secure with toothpick or small skewers.
3. Heat oil and cooking spray in a non-stick skillet over medium heat. Add scallions, onion and garlic. Simmer until soft and golden.
4. Add the prepared chicken rolls and brown over low heat, turning until all sides are golden. Add salt, pepper, bay leaf and wine. Simmer for 10 minutes.
5. Mix flour with chicken stock until smooth. Add to the skillet and simmer for another 15 minutes.
6. Turn chicken occasionally. Remove from heat, cool and refrigerate. Warm before serving, but don't warm for an extended period or the chicken will dry out. Serve with 4 TBS of broccoli stuffing.

### Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 chicken breast roll + 4 TBS broccoli stuffing/sauce = 1 P, 1 V