

# Garlic Stuffed Chicken

## Ingredients:

4 chicken breasts (4 oz. each), with skin  
2 cups water  
8 garlic cloves, unpeeled  
6 tablespoons chopped fresh parsley, divided

1 teaspoon grated lemon zest  
1 teaspoon sodium-free seasoning blend  
¼ cup reduced-sodium chicken broth  
2 tablespoons fresh lemon juice

## Preparation:

1. In a small saucepan, bring water to a boil. Add garlic and cook for 10 minutes
2. Drain garlic, peel, and cut into thin slices.
3. In a small bowl, combine garlic, ½ of chopped parsley, lemon zest, and seasoning. Mix well.
4. Loosen skin from each chicken breast to form a pocket. Place about 1 teaspoon of garlic mixture under skin of each chicken breast.
5. Heat a large nonstick skillet over medium-high heat. Add chicken, skin-side down and cook until golden, about 4 minutes.
6. Turn chicken and reduce heat to medium. Cover and cook until no longer pink in center, about 10 to 12 minutes.
7. Transfer chicken to a plate.
8. Wipe any fat away from the skillet. Add remaining chopped parsley, broth, and lemon juice to pan. Bring to a boil and cook for 1 minute.
9. Spoon mixture over chicken and serve.

Yields 4 (1 chicken breast) servings

Nutritional Information Per Serving: 170 calories, 24g protein, 3g carbohydrate (0g fiber), 6g fat, 65mg cholesterol, 95mg sodium

Source: U.S. Department of Agriculture

