



ITALIAN SAUSAGE STUFFED CHICKEN BREAST

Ingredients: (Serves 3-4)

- 1/2 cup chopped yellow onion
- 1/2 cup spicy Italian sausage (if you buy it skinned,
- 1 6-inch sprigs of rosemary (half will be finely chopped, and the rest will be placed on top of chicken before baking)
- 1 tbsp honey
- 1/8 tsp fresh ground black pepper
- 2 chicken breasts
- 1 tbsp olive oil

Other things you need: paring knife, a small sandwich bag for piping the stuffing, wooden toothpicks, aluminum foil

Preparation:

1. Heat olive oil in a frying pan in medium heat. Pre-heat oven to 350°F with the rack in the middle.
2. Create a slit/pocket through each chicken breast (along its width/short side) using a paring knife. It's very easy to accidentally poke the meat in the wrong place.
3. Mix the chopped onion, Italian sausage, honey, finely chopped leaves of half a sprig of rosemary, and ground pepper. If you're not squeamish with holding ground meat, dig in with your bare hands and blend them all together.
4. Put the sausage mixture into the small sandwich bag and cut a 1"-diameter hole in one corner. Pipe the content into your chicken pocket little by little. **Tip:** Pipe a little then spread it to the back, as if you're pushing the content of a toothpaste tube to one side. **Alternative:** If you have tiny fingers like I do and you can push stuff the chicken breast with your own hands, by all means do so. It's easier based on my experience. **Use Toothpicks** to 'seal' the edges or any holes you accidentally made. The filling will tend to ooze out and I'm warning you know if you like your dishes to look 'clean'.
5. Place the chicken breasts on the well-heated oiled pan. Cook 3 minutes on each side.
6. Transfer the chicken breasts into an oven safe dish, sprinkle them with the remaining rosemary (stem removed) and drizzle with the olive oil you used in the pan.
7. Bake the chicken in the oven for 12-15 minutes, depending on how thick the chicken breasts are and how stuffed you made it. Ours took 15 minutes because they were full to the 'brim'.
8. Take it out and cover the dish with aluminum foil. Let it rest for 5 minutes before slicing and serving.
9. MMmmm...enjoy with pasta, rice or salad.

Happy eating!

This is an original dish from **Gourmeted.com**. If you have questions regarding this recipe, contact us at gourmeted@gmail.com.