



# Chicken and Asparagus Roulade

**Serves 6. Prep time: 45 minutes.**

½ cup sun-dried tomatoes, diced	Salt and black pepper
¾ cup shredded Italian cheese (mozzarella, Asiago or Parmesan or a blend)	10 to 12 asparagus spears
4 ounces soft chevre	4 6-ounce boneless, skinless chicken breasts

## Preparation

Preheat the oven to 375 degrees F. Oil a rimmed sheet pan.

In a small bowl, mix together the sun-dried tomatoes, cheeses and a pinch each of salt and black pepper. Trim off the woody ends of the asparagus, then split each spear in half lengthwise. Set aside.

To butterfly the chicken breasts, lay them smooth side down on a cutting board and remove any tenderloin. Holding a knife parallel to the cutting board, start at the thickest side of each breast and carefully slice in half widthwise almost to the other edge. Keep the thin edge intact and open the breasts along the "fold," like a book. Starting with the thickest part, gently pound each breast between two pieces of plastic wrap until it is consistently thin (¼ to ½ inch thick) without any holes. Season each breast with salt and black pepper on both sides.

Place ¼ of the tomato and cheese mixture near the edge of each breast and top with a few asparagus spears, laying them lengthwise with the breast. Lift the edge of the breast up and slightly over the filling and firmly roll it up like a jelly roll (the asparagus tips may peek out the ends). Place the roll, seam side down, on the sheet pan. Repeat with each breast. Secure the rolls with toothpicks before baking if needed. Bake the chicken for 15 to 20 minutes or until it reaches an internal temperature of 165 degrees F. Remove from the oven and let sit for 5 to 10 minutes, then slice each roll crosswise into 6 pieces and put 4 pieces on each plate to serve.

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## Ingredient checklist

### PRODUCE

- Asparagus

### GROCERY

- Sun-dried tomatoes

### MEAT/SEAFOOD

- Boneless, skinless chicken breasts

### REFRIGERATED/DAIRY

- Italian cheese (mozzarella, Asiago or Parmesan or a blend)
- Chèvre

### SPICES/SEASONINGS

- Sea salt
- Black pepper

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## Serving suggestion

Delicious with a side of garlic mashed potatoes, rice pilaf, couscous, risotto or a baby greens salad. If serving the chicken breasts whole, brush lightly with oil and sprinkle them with shredded cheese and paprika (or other herbs and spices of your choice) before baking. Substitute ricotta cheese for the chèvre if desired.

## Nutritional information per serving

235 calories	6 g. fat
82 mg. cholesterol	282 mg. sodium
5 g. carbohydrate	6 g. fiber
31 g. protein	

*The nutritional values and information provided are approximations.*