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Day 1, Meal 2: Lunch: Apple-Stuffed Chicken

Ingredients:

Gala apples, cored and diced, 2 medium
Garlic, 2 cloves
Red onion, chopped, 1/2 medium
Salt, to taste
Black pepper, to taste
Sage, fresh and chopped, 1 tbsp
Chicken breast, 12 oz.
Bread crumbs, 2 tbsp
Sharp cheddar cheese, shredded, 2 oz.
Coconut oil, 1/2 tbsp

Directions:

1. Preheat oven to 350 degrees F.
2. Combine the apple, garlic, and onion in a skillet over medium heat until soft (about 3 minutes). Transfer to a bowl and refrigerate for 5 minutes.
3. Season the chicken with salt, pepper, and sage. Place it between two pieces of wax paper, and flatten it with a mallet or rolling pin until you achieve an even half-inch thickness for each breast.
4. Take the filling, out of the fridge and add the cheese and breadcrumbs.
5. Divide the filling between breasts. Roll up each breast, pinning them closed with a toothpick.
6. In the same skillet you used to heat the apples, add the coconut oil and heat the chicken breasts seam-side down. Cook on both sides until golden brown (about 7-8 minutes).
7. Finish cooking the chicken in the oven for 10-12 minutes or until the chicken is fully cooked.
8. Let the chicken rest for at least 10 minutes before cutting.
9. Serve over a bed of sautéed spinach or kale, and enjoy!

Nutrition Facts:

Serving size: 1 stuffed chicken breast on greens

Recipe yields 2 servings

Calories: 408

Fat: 16 g

Carbs: 28 g

Protein: 38 g