

Stuffed Chicken Breasts with Apples, Almonds and Blue Cheese

Created by Robin Miller

INGREDIENTS

- Cooking Spray
- 4 boneless, skinless chicken breast halves
(about 5 ounces each)
- 4 ounces crumbled blue cheese
(any variety, including Gorgonzola)
- ½ cup slivered almonds
- 3 teaspoons chopped fresh dill
- 1 apple (preferably McIntosh, Gala or Fuji)
peeled, cored and diced
- Salt and freshly ground pepper
- 4 teaspoons olive oil
- 1 tablespoon plus 1 teaspoon (4 teaspoons) dried minced onion.

DIRECTIONS

1. Preheat oven to 400 degrees. Coat shallow roasting pan with cooking spray.
2. Using a sharp paring knife, slice a pocket into each chicken breast, as if halving a bagel, without completely cutting through the other side. Arrange chicken in prepared pan and set aside.
3. In a medium bowl, combine blue cheese, almonds, apple and dill. Add a pinch each of salt and black pepper. Mix together with fork until mixture is well blended and comes together. Divide mixture into 4 equal portions and spoon each portion into the pocket of the chicken. Brush olive oil over top of chicken and season top with salt, black pepper and dried onion (1 teaspoon dried onion for each chicken breast). Bake 25 to 30 minutes, until chicken is golden brown and cooked through. Makes 4 servings.

Note: If desired, serve the chicken with steamed asparagus tossed with lemon juice, brown rice cooked in chicken broth (and tossed with fresh parsley) or angel hair pasta that has been tossed with olive oil and fresh basil.

Optional: Make an extra batch of the filling, chill it and spoon it over roasted salmon, shrimp or pork chops.