

Mediterranean Stuffed Chicken Breasts



Photo: Becky Luigart-Stayner; Styling: Cindy Barr

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This versatile [stuffed chicken](#) breast dish is easy enough for a weeknight supper but elegant enough for company.

Yield:

8 servings (serving size: 1 stuffed chicken breast half)

Ingredients

THE 5 INGREDIENTS

1 large red bell pepper
1/4 cup (30 gm) crumbled feta cheese
2 tablespoons finely chopped pitted kalamata olives

1 tablespoon minced fresh basil
8 (180 gm) skinless, boneless chicken breasts

Preparation

Directions: Preheat broiler. Cut bell pepper in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and finely chop. Prepare grill to medium-high heat. Combine bell pepper, cheese, olives, and basil. Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff 2 tablespoons bell pepper mixture into each pocket; close opening with a wooden pick. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Place chicken on a grill rack coated with cooking spray. Grill 6 minutes on each side or until done. Remove from grill; cover loosely with foil, and let stand 10 minutes.