

CHICKEN WITH SUNDRIED TOMATO Stuffing

4-6 servings

1 cup	PASTENE Italian Arborio Rice, cooked al dente	250 mL
¼ cup	PASTENE Flavored Bread Crumbs	60 mL
⅓ cup	PASTENE Grated Parmesan Cheese	75 mL
8	PASTENE Sundried Tomatoes in Oil, drained and chopped	8
1 tbsp	chopped fresh oregano	15 mL
1 tbsp	PASTENE Pesto Basil Sauce	15 mL
1	egg	1
4	skinless, boneless chicken breast halves	4
2 tbsp	PASTENE Pure Olive Oil	30 mL
2	dry shallots, chopped	2
1 cup	chicken stock	250 mL
1 tbsp	PASTENE Balsamic Vinegar	15 mL
1 tbsp	cornstarch	15 mL
	salt and pepper	

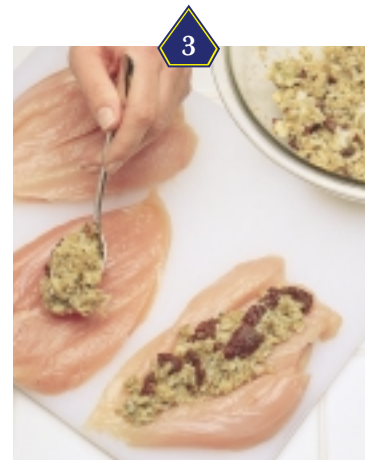
- Preheat oven to 350°F (180°C).
- In a bowl, combine rice, bread crumbs, Parmesan, sundried tomatoes, oregano, pesto sauce and egg. Season with salt and pepper; set mixture aside.
- With a sharp knife, cut almost through chicken breasts lengthwise and open flat. Cover one half with rice and breadcrumb mixture; roll and tie closed with kitchen string.
- Heat olive oil in a skillet over medium-high heat. Cook chicken breasts until browned all over. Arrange chicken on a baking sheet and bake in oven 12-15 minutes, or until chicken is cooked through.
- Meanwhile, add shallots, chicken stock and vinegar to pan juices in skillet. Cook about 5 minutes. Dissolve the cornstarch in a little cold water and stir into skillet to thicken sauce. Serve sauce over slices of chicken with stuffing.



In a bowl, combine rice, bread crumbs, Parmesan, sundried tomatoes, oregano, pesto sauce and egg. Season with salt and pepper; set mixture aside.



With a sharp knife, cut almost through chicken breasts lengthwise and open flat.



Cover one half of chicken breasts with rice and breadcrumb mixture.



4



Roll each stuffed breast and tie closed with kitchen string.

5



Heat olive oil in a skillet over medium-high heat. Cook chicken breasts until browned all over. Remove chicken and place on a baking sheet.

6



Add shallots, chicken stock and vinegar to pan juices in skillet. Cook about 5 minutes. Dissolve the cornstarch in cold water and stir into skillet to thicken sauce.