

Mushroom Stuffed Chicken Breast

Mushroom Stuffed Chicken Breasts



Serves 4

Recipe from Spend With Pennies. com

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:622a700e0b960245bb41a0d5>

- 4 boneless, skinless chicken breasts (skinless chicken breasts)
- 1 tablespoon butter
- 6 ounces brown or white mushrooms sliced
- 3 tablespoons onion minced
- 1 clove garlic minced
- $\frac{1}{4}$ teaspoon thyme
- 2 tablespoons dry white wine
- 3 tablespoons garlic and herb cream cheese spread
- 2 ounces mozzarella cheese shredded

1. Preheat oven to 400°F.
2. Place butter in a pan over medium heat. Add onion and garlic and cook until slightly softened. Add in mushrooms and cook until juices are released and reabsorbed. Add wine and thyme. Cook until evaporated

but not dry. Cool completely.

3. Combine cooled mushrooms with cream cheese, mozzarella cheese and salt & pepper to taste.
4. Using a sharp knife, cut a 1 $\frac{1}{2}$ " slit in the side of the chicken. Move the knife around creating a pocket. Fill the pocket with $\frac{1}{4}$ of the mushroom mixture. Repeat with remaining chicken breasts.
5. Place chicken breasts on a parchment-lined pan, sprinkle with salt & pepper to taste, and bake 30-35 minutes (165°F).

Main Course

Chicken

Mushroom Stuffed Chicken