

Balsamic-Glazed Stuffed Chicken Breasts

What's better than chicken breasts stuffed with goat cheese, cranberries and pecans? Balsamic-glazed, lightly-breaded chicken breasts stuffed with goat cheese, cranberries and pecans. With a crazy-good panko-crusted butternut squash, this dinner is truly restaurant worthy.

40 *Minutes to the Table*

20 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- 2 Baking Sheets
- Meat Mallet (or Small Pot)
- 2 Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per serving)

7 MEEZ CONTAINERS

- Seasoned Panko
- Butternut Squash
- Goat Cheese & Chives
- Cranberries & Pecans
- Chicken Breast
- Toothpicks
- Balsamic Glaze

Make The Meal Your Own

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Health snapshot per serving –900 Calories, 42g Fat, 60g Protein, 81g Carbs, 26 Freestyle Points.

Lightened-up Health snapshot per serving – 690 Calories, 30g Fat, 58g Carbs, 18 Freestyle Points by using two-thirds of the Seasoned Panko, Cranberries & Pecans, Goat Cheese, and Balsamic Glaze.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken Breast, Butternut Squash, Goat Cheese, Panko Breadcrumbs, Pecorino Romano, Balsamic Vinegar, Brown Sugar, Heavy Whipping Cream, Sour Cream, Cream Cheese, Pecans, Cranberries, Chive, Paprika, Kosher Salt, Parsley, White Pepper, Oregano

meez *meals*

1. Get Organized

Preheat the oven to 400. Line a baking sheet with parchment paper or lightly brush with oil.

2. Roast the Butternut Squash

Melt 2 Tbsp of butter and combine with 3 Tbsp of **Seasoned Panko** in a large mixing bowl. Toss with the **Butternut Squash** and spread in a single layer on the baking sheet. Bake until the squash is tender and golden brown, about 20 to 25 minutes.

3. Stuff the Chicken

While the squash is roasting, mix the **Goat Cheese & Chives** and the **Cranberries & Pecans** in a second mixing bowl.

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is less than 1/4" thick and has doubled in size.

Unwrap the chicken and place half the goat cheese mix down the middle of one of the chicken breasts lengthwise. Position the breast with the wide end facing you (imagine a piece of paper in landscape mode) on the cutting board and tightly roll away from your body. Secure the stuffed breast with three of the **Toothpicks**. Repeat for each breast.

4. Bread and Cook the Chicken

Spread the remaining panko breading on a large plate. Whisk 2 eggs in a small bowl. Dip each stuffed breast into the eggs and then the panko. Press additional panko into the chicken, especially on top, to make sure it is well coated. Place the breaded chicken breasts on a second baking sheet and bake until the breading is golden brown and the chicken is fully cooked, about 20 to 25 minutes. Remove from the oven and let rest for at least 5 minutes, then remove the toothpicks.

5. Put It All Together

Serve the butternut squash alongside the stuffed breasts. Drizzle the chicken with a small amount of the **Balsamic Glaze** and add more to taste. Enjoy!

You can melt the butter in a microwave safe dish or a small pan over low heat.

Don't be afraid to get your aggression out on the chicken! The flatter the better.

Use a meat thermometer to ensure the inside of the chicken is at least 155 degrees before removing from the oven. It will continue to cook while resting.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois