

Recipe Name: Stuffed Italian Chicken Breast

Serves: 4-6

From:

Cook Time: 45 min to 1 hour

Ingredients

4 boneless skinless chicken breast
1 lb italian sausage (no casings)
1 onion - diced
2 cloves garlic - diced
1 red pepper
1/2 cup romano grated cheese
1/2 cup mayonaise
2-3 tablespoons rub or seasonings
1 cup mozzarella
1/2 cup parsley

Direction

slice chicken breasts to stuff
season with ~~the~~ spice rub
let sit overnight or an hour

sauté onion, pepper & garlic

mix onion, pepper, garlic &
romano cheese into small
portion of italian sausage
(like a meatball)

stuff sausage mixture into
middle of cut chicken breasts
along with some mozzarella

spread mayonaise on top of
chicken breasts and sprinkle
with romano cheese and
fresh parsley

Bake in 400° oven 45 minutes
or until chicken is at 160-170°

Notes:

usually I cook this on a charcoal grill using
indirect heat with a drip pan in the center
& filled with beer or white wine

Good Luck, and I hope you have fun & success
John