

Chicken Santa Fe Style

Adapted from a newspaper article, 1988 (Sacramento Bee)



4 boneless skinless chicken breast halves
4 ounces Boursin cheese, garlic & herbs type
Salt & pepper to taste

Olive oil for coating, and panko crumbs

SAUCE:

3 large tomatoes, peeled, seeded and chopped
2 1/2 tablespoons red wine vinegar
6 green onions, minced, including some of the tops
2/3 cup cilantro, chopped

1 tablespoon jalapeno pepper, minced

1/2 cup extra virgin olive oil

Salt & pepper to taste

Per Serving (excluding unknown items): 524 Calories; 41g Fat (69.2% calories from fat); 31g Protein; 10g Carbohydrate; 2g Dietary Fiber; 102mg Cholesterol; 288mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 7 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. SAUCE: Combine ingredients and chill. Taste the sauce for seasonings. If it seems too tart, add a smidge more oil. If too bland, add a smidge more vinegar. Preheat oven to 375°F

2. CHICKEN: Remove tenders if attached to chicken breast and use for another dish. Place each breast on a flat surface with a piece of plastic wrap under and on top. Using a pounder, gently flatten the chicken at the thicker end only so it measures 1/4" thick and about 5" across (and about 6" long). Do not pound so thin you make a hole anywhere as you need the breast to remain intact to retain the cheese filling. Cut pieces of the Boursin and place a narrow rope of it down the middle. Sprinkle lightly with salt and pepper. Pull both sides together and they should more-or-less hold their shape, with the seam at the top. It will be approximately round in shape. If desired you can rub the seam-edges with beaten egg to help them hold together.

3. Drizzle the outside of each breast with olive oil, then roll the breasts in panko crumbs, without allowing the seam to open up.

4. Place stuffed breasts, seam side up, on a rack on a baking sheet lined with foil.

5. Bake for 30-40 minutes or until an instant read thermometer, inserted into the meat (not the cheese) registers 155°F. Let cool slightly. You may slice the chicken diagonally and fan the pieces onto a hot serving platter or serve the rolls individually, spooning the sauce over the top.

NOTE: If you're making more than you'll eat at one meal, I'd advise not adding the cilantro to the sauce, and only use part of the sauce. Cilantro, once exposed to liquid, tends to get slimy, so add it in just before serving. Alternatively, you could sprinkle it on the finished dish, or pass cilantro at the table and people could add their own.

