

# Cajun Chicken Breasts with Creole Sauce

Phillis Carey, cooking instructor



*A stuffed chicken breast with a really, really tasty sauce.*

4 pieces chicken breast, no skin, no bone, R-T-C

4 ounces cream cheese

1/4 cup green onion, chopped

1/4 cup Parmesan cheese, freshly grated

1 whole egg

1 cup bread crumbs

2 tablespoons Cajun seasoning

2 tablespoons unsalted butter

Creole Sauce

2 tablespoons butter

1/4 cup onion, finely diced

1/4 cup celery, finely diced

1/4 cup green pepper, finely diced

1 teaspoon Cajun seasoning

1 teaspoon sugar

1/4 cup dry vermouth

14 1/2 ounces diced tomatoes, canned, drained

1 teaspoon hot sauce

1/2 cup heavy cream

1 tablespoon oregano, fresh, chopped

*Serving Ideas: Definitely serve this with either rice or linguine, because you want the sauce to mix with the carb. You may want to make more sauce, as it's barely enough for the chicken servings.*

**Servings: 4**

*If you have fresh tomatoes, use them rather than canned ones.*

1. Preheat oven to 350°. Trim chicken and pound to an even 1/4 inch thickness (between two sheets of plastic wrap). Season with salt and pepper. Combine the cream cheese with green onions and Parmesan cheese. Divide cheese into quarters and place one lump on each chicken breast. Fold in sides and roll up the chicken to enclose the cheese.

2. Whisk egg to combine in a bowl. Toss breadcrumbs with Cajun seasoning in another bowl. Toss breadcrumbs with Cajun spice in another bowl. Roll chicken in egg and then in bread crumbs to coat well. Transfer chicken to a shallow baking dish, seam side down and drizzle with melted butter. Bake for 30-35 minutes, or until cooked through. Do not overcook.

3. Sauce: melt butter in a medium skillet over medium high heat. Add onions, celery and bell pepper. Cook until tender, stirring occasionally, about 5 minutes. Stir in Cajun spice and sugar, then add dry vermouth. Bring to a boil, then stir in tomatoes, hot sauce and cream and bring to a simmer. Cook until mixture reduces slightly and thickens, about 10 minutes. Stir in fresh herbs. Season to taste for salt, pepper and hot sauce. May cook ahead up to this point, then reheat when ready to serve. Spoon sauce over chicken.

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Per Serving (excluding unknown items): 801 Calories; 44g Fat (49.7% calories from fat); 64g Protein; 35g Carbohydrate; 4g Dietary Fiber; 304mg Cholesterol; 1050mg Sodium. Exchanges: 1 1/2 Grain(Starch); 8 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 7 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>