Chicken Rellenos with Cilantro Pesto Goat Cheese Filling

Fast & Fabulous Chicken Breasts, by Phillis Carey

Chicken Relleno with Cilantro Pesto Goat Cheese

CHICKEN:

4 pieces boneless skinless chicken breast halves

Salt and freshly ground black pepper to taste

1/2 cup flour

3 whole eggs

1/4 cup Parmigiano-Reggiano cheese, freshly grated

1/4 cup vegetable oil

2 cups salsa, jarred or fresh

FILLING:

2 cloves garlic, peeled

1/2 serrano pepper, sliced

1 cup fresh cilantro, lightly packed

2 tablespoons Italian parsley, chopped

2 tablespoons Parmigiano-Reggiano cheese, freshly grated

2 tablespoons pine nuts

1/4 teaspoon salt

1/4 cup vegetable oil

3 ounces goat cheese, soft log type

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

Servings: 4

1. Preheat oven to 450°. Trim chicken of fat and sinew, then cut a pocket in the thicker edge of each breast by holding knife parallel to breast and slicing to create about a 4-inch opening. Season inside pocket with salt and pepper to taste.
2. PESTO: drop garlic and serrano into a running food processor. Stop macine and add the cilantro, parsley, Parmesan, pine nuts and salt. Pulse to finely chop. Turn processor on and pour in the oil. Continue processing until well combined. This should be a fairly thick pesto.
3. Place 1 tablespoon of pesto and 1/4 of the cheese in the pocket of the chicken, pressing edges together to seal.
4. Place flour in a shallow bowl or pie plate. Whisk eggs with Parmesan in another shallow dish or pie plate. Dredge chicken in flour, shaking off excess.
5. Heat oil in a large nonstick skillet over medium-high heat. Dip chicken in egg mixture to coat well. Add chicken to skillet and cook 2 minutes per side to brown. Trasnfer chicken to a baking sheet. Bake for 8-10 minutes or until chicken is cooked through. Serve topped with WARMED salsa.

Per Serving (excluding unknown items): 678 Calories; 45g Fat (59.6% calories from fat); 46g Protein; 22g Carbohydrate; 3g Dietary Fiber; 256mg Cholesterol; 1042mg Sodium. Exchanges: 1 Grain(Starch); 6 Lean Meat; 1 1/2 Vegetable; 7 Fat.