

## Baked Chicken Breasts Stuffed with Sage-Pecan Pesto and Feta

Carolyn T's  
Main Cookbook

Servings: 4

Author: posted by Kalyn's Kitchen blog



### PECAN SAGE PESTO:

1/3 cup fresh sage

1/4 cup pecans

2 whole garlic cloves

3 tablespoons extra virgin olive oil

1/3 cup Parmigiano-Reggiano cheese,  
grated

1/4 cup crumbled feta cheese, packed

### CHICKEN:

24 ounces boneless skinless chicken breast  
(4 chicken breast halves)

1/4 cup almond flour (or almond meal, or  
bread crumbs)

1/4 cup parmesan cheese

2 large eggs, beaten with 1 T. water

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

*Per Serving (excluding unknown items): 446 Calories;  
24g Fat (49.9% calories from fat); 50g Protein; 5g  
Carbohydrate; 1g Dietary Fiber; 217mg Cholesterol;  
346mg Sodium. Exchanges: 1/2 Grain(Starch); 7 Lean  
Meat; 0 Vegetable; 3 1/2 Fat.*

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*Notes: If I served this again, I think I'd offer a light chicken or turkey gravy. Chicken breasts, healthy as they are, can be a bit dry if they're not removed from the oven at exactly the right time.*

### Description:

1. Preheat oven to 350F. Spray a flat roasting pan with olive oil or nonstick spray. Or use a Silpat to line your baking sheet. Trim all visible fat and tendons from chicken breasts, then put each chicken piece inside heavy plastic bag and pound with meat mallet until the chicken is 1/4 inch thick. (Don't worry if there are some ragged edges, you can tuck them in.) Lay chicken skin side down on cutting board.
2. PESTO: In a blender combine the sage leaves, pecans, garlic cloves, olive oil and Parmesan cheese. Blend until the mixture is smooth, about 30 seconds. Scrape down sides of blender container if necessary.
2. In a small bowl combine the pesto and crumbled Feta and mix together with a fork. Divide pesto mixture evenly among four chicken breasts, then use a spoon to spread it over the chicken, not going completely to the edge or the stuffing will leak out. Roll up each chicken breast, starting with the smallest end and tucking in any ragged edges, then secure each piece with two toothpicks.
3. Put beaten egg in one bowl and combine almond meal and parmesan in another. Dip each chicken piece first in egg, then in almond/parmesan mixture, turning over several times so chicken is well-coated.
4. Place chicken pieces in baking pan and cook until chicken feels firm but not hard to the touch (about 40 minutes, but start checking a little sooner.) If desired, put chicken under the broiler for 3-4 minutes to brown the top. (I did broil the top a bit.) Serve hot.