

## Chicken Breasts Stuffed with Pimiento Cheese

Stuffing boneless, skinless chicken breasts with pimientos, scallions and cheese gives them great flavor without a lot of effort. Don't be concerned if some of the filling oozes out while the chicken is baking; just scoop it up from the pan as you serve. Serve with: Sautéed zucchini or summer squash and barley.

**Servings:** 4 servings  
**Prep Time:** 25 minutes  
**Total Time:** 40 minutes

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### Ingredients

1/2 cup shredded Gouda cheese, preferably smoked  
2 tablespoons chopped scallion  
1 tablespoon sliced pimientos, chopped  
1 teaspoon paprika, divided  
4 small boneless, skinless chicken breasts, (1 1/4-1 1/2 pounds total), trimmed and tenders removed (see Tip)  
1/2 teaspoon salt, divided  
1/2 teaspoon freshly ground pepper, divided  
1 tablespoon extra-virgin olive oil

### Nutrition

	Per serving
Calories:	200
Carbohydrates:	1 g
Fat:	10 g
Saturated Fat:	3 g
Monounsaturated Fat:	5 g
Protein:	26 g
Cholesterol:	76 mg
Dietary Fiber:	0 g
Potassium:	232 mg
Sodium:	445 mg
Added Sugars:	0 g
Exchanges:	4 lean meat, 1 fat
Carbohydrate Servings:	0
Nutrition Bonus:	NA
Nutrition Note:	NA

### Preparation Steps

1. Preheat oven to 400°F.
2. Combine Gouda, scallion, pimientos and 1/2 teaspoon paprika in a small bowl.
3. Cut a horizontal slit along the thin, long edge of each chicken breast, nearly through to the opposite side, and open like a book. Sprinkle the breasts with 1/4 teaspoon each salt and pepper. Divide the cheese filling among the breasts, placing it in the center of each. Close the breast over the filling, pressing the edges firmly together to seal. Sprinkle the breasts with the remaining 1/2 teaspoon paprika, 1/4 teaspoon salt and pepper.
4. Heat oil in a large ovenproof skillet over medium-high heat. Add the chicken and cook until browned on one side, about 2 minutes. Turn the chicken over and transfer the skillet to the oven. Bake until the chicken is no longer pink in the center and an instant-read thermometer inserted into the thickest part registers 165°F, about 15 minutes.

### Recipe Categories

## Whole-Wheat Couscous with Parmesan & Peas

Couscous, which is actually a type of tiny pasta, makes an almost-instant side dish. Happily, the whole-wheat variety is just as fast to prepare as regular couscous. Lemon zest is a delicious accent to nutty Parmesan in this Italian-inspired couscous.



**Servings:** 6 servings, 2/3 cup each

**Prep Time:** 15 minutes

**Total Time:** 20 minutes

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### Ingredients

1 14-ounce can reduced-sodium chicken broth, or vegetable broth  
1/4 cup water  
2 teaspoons extra-virgin olive oil  
1 cup whole-wheat couscous  
1 1/2 cups frozen peas  
2 tablespoons chopped fresh dill  
1 teaspoon freshly grated lemon zest  
Salt & freshly ground pepper, to taste  
1/2 cup freshly grated Parmesan cheese

### Nutrition

	Per serving
Calories:	213
Carbohydrates:	35 g
Fat:	4 g
Saturated Fat:	1 g
Monounsaturated Fat:	2 g
Protein:	11 g
Cholesterol:	6 mg
Dietary Fiber:	7 g
Potassium:	104 mg
Sodium:	376 mg
Added Sugars:	0 g
Exchanges:	2 starch, 1 vegetable, 1 fat
Carbohydrate Servings:	2
Nutrition Bonus:	Vitamin A (16% daily value)
Nutrition Note:	NA

### Preparation Steps

1. Combine broth, water and oil in a large saucepan; bring to a boil. Stir in couscous and remove from heat. Cover and let plump for 5 minutes.
2. Meanwhile, cook peas on the stovetop or in the microwave according to package directions.
3. Add the peas, dill, lemon zest, salt and pepper to the couscous; mix gently and fluff with a fork. Serve hot, sprinkled with cheese.

## Quick Vegetable Sauté

Add a little shallot and dried dill or tarragon to any mixture of frozen vegetables and have a delicious side dish on the table fast. If you'd like to make this recipe with fresh vegetables instead, cut them into bite-size pieces and add a tablespoon or two of water to the skillet when you add the vegetables; adjust the cooking time as needed.

**Servings:** 4 servings, about 3/4 cup each

**Prep Time:** 15 minutes

**Total Time:** 15 minutes

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### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small shallot, minced
- 4 cups mixed frozen vegetables, such as corn, carrots and green beans
- 1/2 teaspoon dried dill, or tarragon
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

### Nutrition

	Per serving
Calories:	107
Carbohydrates:	17 g
Fat:	4 g
Saturated Fat:	1 g
Monounsaturated Fat:	3 g
Protein:	3 g
Cholesterol:	0 mg
Dietary Fiber:	3 g
Potassium:	294 mg
Sodium:	178 mg
Added Sugars:	0 g
Exchanges:	2 vegetable, 2 fat
Carbohydrate Servings:	1
Nutrition Bonus:	Vitamin A (128% daily value), Vitamin C (16% dv).
Nutrition Note:	NA

### Preparation Steps

1. Heat oil in a large skillet over medium heat. Add shallot and cook, stirring, until softened, about 1 minute. Stir in frozen vegetables. Cover and cook, stirring occasionally, until the vegetables are tender, 4 to 6 minutes. Stir in dill (or tarragon), salt and pepper.