



Cajun Stuffed Chicken Breast



I am always on the lookout for great recipes for chicken breast. This recipe was found at <https://myketoplate.com/cajun-stuffed-chicken-breast/> and shared by Nicole, so she gets extra credit!

This recipe rates high because it fulfills two criteria: it tastes delicious, and it is quick and easy!

Ingredients:

- 4 large chicken breasts skinless boneless (Look for thick breasts - better for stuffing. I make two breasts, so I generally cut these quantities in half. If the breasts are thick, it will make four meals.)
- 1 tbsp olive oil
- 4 large mushrooms sliced (for packaged or sliced mushrooms, I use 4 oz per breast.)
- 1/2 red bell pepper diced
- 1/2 yellow bell pepper diced (whatever bell peppers you have on hand will work too. If doing 2 breasts, you can cut up one entire pepper.)
- 1/4 medium white onion diced
- 1/2 cup mozzarella cheese shredded (I don't measure the cheese, I just pack it on! I've used several types of cheese, and mozzarella works best for cooking / melting / browning.)
- 4 tsp Cajun seasoning
- 2 tbsp butter

1. Preheat oven to 400°F/200°C.

2. Using a sharp knife, cut a pocket into the side of each chicken breast. Season with cajun seasoning and set aside. (Cutting pockets can be difficult, and can result in less stuffing space. I split the breast like a roll, leaving one edge in tact.)

3. Place a large pan over medium heat and add the olive oil. Cook the onion, peppers, mushrooms for 5-6 minutes or until slightly softened. Season with a pinch of cajun seasoning.

*** My intervention: I pre-cook mushrooms for recipes like this. Sauté with 50/50 butter and oil. When the mushrooms are almost done, I push them to one side of the pan and then add the onion and peppers.

*** I also added 2 cloves of minced garlic and one diced jalapeno pepper.

4. Spoon the mushroom and bell pepper mixture into each chicken breast and generously top with shredded cheese. Secure each pocket with toothpicks. (If you cut the breast like a roll, put the chicken in the dish or pan first, lift the chicken lid up and fill it up! I do not use toothpicks, but cook them in a dish or pan that is a good size to keep everything together. If filling falls out because of overstuffing, great! You'll want these extra goodies! Then top with cheese.)
5. Place the stuffed chicken breast in a lightly greased 9x13-inch baking dish. Top the chicken breast with a tsp of butter.
6. Bake uncovered for 35-40 minutes or until the chicken is cooked through.

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