

## Goat Cheese-Stuffed Chicken Roulades

with Kale & Couscous Salad



Tangy goat cheese and sweet sun-dried tomatoes make for a delicious, melty filling in this chicken roulade. If you've never "massaged" kale before, you're in for a surprise! It may sound strange, but a quick massage transforms raw kale into a tender, yet hearty green that's perfect for salads.



40 min



level 2



Chicken Breast



Courseou



Sun-Dried Tomatoes



Tuscan Kale



Golden Raisins



Stock Concentrate



Sliced Almonds







White Wine Vinegar

Ingredients		2 People	4 People	
Chicken Breast		2	4	
Couscous	1)	3/4 C	1 ½ C	
Goat Cheese	2)	2 oz	4 oz	
Sliced Almonds	3)	1 oz	2 oz	
Stock Concentrate		1	2	
Sun-Dried Tomatoes		1 ½ oz	3 oz	
White Wine Vinegar		1T	2 T	
Tuscan Kale		1 bunch	2 bunches	
Golden Raisins		1 oz	2 oz	
Olive Oil*		2 T	4 T	
Nutrition per person Cal	ories: 916 cal	Carbs: 97 g Fat: 33 g	Protein: 63 g   Fiber: 10	g



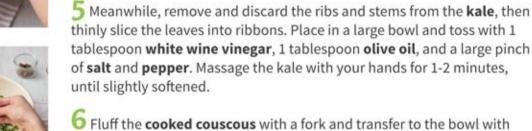
- 1 Preheat oven to 375 degrees. Finely chop the **sun-dried tomatoes** and add to a small bowl with the **goat cheese**. Season with **salt** and **pepper** and set aside to allow the goat cheese to soften.
- 2 Butterfly the **chicken breasts**: with your non-dominant hand on top of the breast, carefully slice the breast in half *almost*, parallel to your hand. Stop before cutting all the way through. Then, open it up like a book and season with **salt** and **pepper**. Cover with a large piece of saran wrap or place in a zip-top bag. Pound each butterflied chicken breast with a mallet or heavy-bottomed pan, until approximately ½-inch thick.



3 Mash the **softened goat cheese mixture** with a fork to combine, then spread evenly on each **chicken breast**. Fold over or roll up each chicken breast and place on a lightly oiled baking sheet. If rolling, secure the rollups with three toothpicks each. **HINT:** If you don't have toothpicks, be sure to place the chicken rollups seam side-down! Place the baking sheet in the oven and roast the chicken for 15-20 minutes, until cooked through.



4 Bring 1 cup water to a boil with the stock concentrate in a small pot. Add the couscous, cover, then remove from heat and set aside for 5 minutes.



Season with salt and pepper.

- 6
- Remove the toothpicks from **chicken**, then slice into rounds. Serve atop **couscous salad** and enjoy!

the kale. Stir in the golden raisins, almonds, and 1 tablespoon olive oil.