

Garlic Stuffed Chicken

Makes: 4 servings

Jazz up your chicken dinner with garlic, lemon zest, and fresh parsley. Serve this dish with brown rice and a side salad for a complete meal.

Ingredients

- 2 cups** water
- 8** garlic clove (unpeeled)
- 6 tablespoons** fresh parsley (chopped, divided)
- 1 teaspoon** lemon zest (grated)
- 1 teaspoon** sodium-free seasoning blend
- 4** chicken breast (4 ounce, with skin)
- 1/4 cup** chicken broth (reduced sodium)
- 2 tablespoons** lemon juice (fresh)

Directions

1. In a small saucepan, bring water to a boil. Add garlic; cook for 10 minutes. Drain garlic, peel and cut into thin slices. In a small bowl, combine garlic, 1/2 cup of chopped parsley, lemon zest, and seasoning. Mix well.
2. Loosen skin from each chicken breast to form a pocket. Place about 1 teaspoon of garlic mixture under skin of each breast. Heat a large nonstick skillet over medium-high heat.
3. Add chicken skin-side down; cook until golden, about 4 minutes. Turn chicken; reduce heat to medium.
4. Cover and cook until no longer pink in center, about 10

Nutrition Information

Nutrients	Amount
Calories	170
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	65 mg
Sodium	95 mg
Total Carbohydrate	3 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars included	N/A
Protein	24 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

to 12 minutes. Transfer chicken to a plate. Wipe any fat away from the skillet.

5. Add remaining chopped parsley, broth, and lemon juice to pan. Bring to a boil; cook for 1 minute. Spoon mixture over chicken.

Source: Seat Pleasant/University of Maryland Health Partnership, Health Cookbook Recipes for African American Populations