# Almond-Stuffed Chicken with Blackberry Balsamic Sauce

Servings: 2
Adapted from
http://www.taste.com.au/recipes/3654/pork+with+strawberry+balsamic+sauce

## Ingredients

½ cup blackberries
1/8 cup balsamic vinegar
1 teaspoon sugar
2 boneless, skinless chicken breasts
1/4 cup fat-free, lower sodium chicken broth
2 wedges Laughing Cow cheese
2 tablespoons coarsely chopped almonds, toasted (optional)
1 teaspoon dried parsley
1/4 teaspoon black pepper
1 teaspoon butter
2 cups baby spinach

## Preparation

1) Place blackberries in a glass or ceramic bowl with vinegar and sugar; set aside for 15 minutes.
2) Meanwhile, combine cheese, almonds, and 1 teaspoon dried parsley in a small bowl. Set aside.
3) Cut a horizontal slit through thickest portion of each breast half to form a pocket. Stuff almond mixture into each pocket; secure each pocket with wooden pick. Sprinkle chicken with pepper.
4) Heat butter in a large nonstick skillet over medium heat. Add chicken to pan; cook 6 minutes on each side or until done. Remove from pan; cover and let stand 2 minutes.
5) Place another skillet over medium heat and add broth. Heat until boiling then add the blackberry mixture. Reduce heat to low and just heat through.
6) Place 1 cup spinach on each plate. Top with stuffed-chicken breast and serve blackberry-balsamic sauce over top.