

## **Almond-Stuffed Chicken with Blackberry Balsamic Sauce**

Servings: 2

Adapted from

<http://www.taste.com.au/recipes/3654/pork+with+strawberry+balsamic+sauce>

### **Ingredients**

1/2 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.