

Mediterranean Stuffed Chicken Breasts

Servings: 2

Adapted from Cooking Light June 2010

Ingredients

1/2 roasted red pepper, diced
2 tablespoons crumbled feta cheese
1 tablespoon finely chopped pitted kalamata olives
1 teaspoon dried basil
2 (6-ounce) skinless, boneless chicken breasts
1/4 teaspoon salt
1/4 teaspoon pepper

Preparation

1) Combine bell pepper, cheese, olives, and basil. Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff 2 tablespoons bell pepper mixture into each pocket; close opening with a wooden pick.
2) Sprinkle chicken with salt and black pepper. Place chicken on a grill rack coated with cooking spray. Grill 6 minutes on each side or until done. Remove from grill; cover loosely with foil, and let stand 10 minutes. *If using the oven, cook on 350 degrees for 25-30 minutes or until chicken is no longer pink.*

White Bean Salad with Roasted Red Pepper Dressing

Servings: 2

Adapted from www.wholefoodsmarket.com

Ingredients

1/8 cup olive oil
1 tablespoons lemon juice
1 teaspoon minced garlic
1 1/2 roasted red peppers, roughly chopped
1/4 cup crumbled feta cheese
1/4 cup finely chopped red onions
1 tablespoon chopped flat-leaf parsley
1/8 teaspoon dried oregano
1 (15-ounce) can cannellini beans, rinsed well and drained
Salt and pepper to taste

Preparation

1) Put oil, lemon juice, garlic and peppers into a blender and process until smooth; transfer to a large bowl.
2) Add feta, onions, parsley, oregano, beans, salt and pepper and toss gently to coat. Serve immediately or cover with plastic wrap and refrigerate overnight to allow time for

the flavors to meld. Bring back to room temperature before serving and garnish with a bit more feta cheese, if you like.