



Stuffed Chicken Breasts

- 1 large red bell pepper
- 1/4 cup (1 ounce) crumbled feta cheese
- 2 tablespoons pitted black olives, finely chopped
- 1 tablespoon fresh basil, minced
- 8 (6-ounce) skinless, boneless chicken breasts
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Preheat oven broiler. Cut bell pepper in half lengthwise and discard seeds and membranes. Place pepper, skin side up, on a foil-lined baking sheet and flatten with hand. Broil 15 minutes or until blackened. Place in a resealable plastic bag and let stand for 15 minutes. Remove from the bag and chop finely.

Preheat grill to medium high heat. Cut a horizontal slit through the thickest portion of each chicken breast to form a pocket. Combine bell pepper, cheese, olives, and basil and add 2 tablespoons to each pocket. Close the opening with a wooden pick. Sprinkle chicken with salt and pepper. Grill chicken for about 6 minutes on each side until done. Remove from grill. Let stand 10 minutes before serving. Makes 8 servings.

Nutrition information per serving: 210 calories, 35 grams protein, 6 grams fat, 2 grams carbohydrate, 266 mg sodium.