

Nevada

Garlic Stuffed Chicken

Featured Food: Garlic

Makes: 4 servings

Ingredients

- 2 cups water
- 8 cloves garlic, unpeeled
- 6 tablespoons fresh parsley, chopped (divided)
- 1 teaspoon lemon zest, grated
- 4 chicken breasts, boneless, with skin
- ¼ cup reduced sodium chicken broth
- 2 tablespoons fresh lemon juice



Directions

1. In a small saucepan, bring water to a boil. Add garlic; cook for 10 minutes. Drain garlic and peel and cut into thin slices. In a small bowl, combine sliced garlic, ½ cup of chopped parsley, and lemon zest. 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 10-12 minutes. Transfer chicken to a plate.

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

Recipe from: Seat Pleasant/University of Maryland Health Partnership, adapted by the USDA Food and Nutrition Administration.

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