

Chicken Breast with Flax and Herb Stuffing

2	boneless, skinless chicken breasts (6 oz./375 g each)	2
2	slices whole wheat bread cut into ½ inch (1 cm) cubes	2
1 ½	tsp. canola oil	7 mL
1	tsp. minced onion	5 mL
1	tsp. minced red pepper	5 mL
2	tsp. chopped, sundried cranberries	10 mL
1	tsp. whole flaxseed	5 mL
1	large egg	1
1	tbsp. white wine*	15 mL
1	tbsp. ground flaxseed	15 mL
1	tsp. chopped parsley	5 mL
	canola oil	
	salt and pepper to taste	
	paprika to taste	

- Heat oil in fry pan over medium-low heat.
- Add onion and red pepper. Sauté 1 minute.
- Add cranberries and whole flaxseed. Cook 2 minutes.
- Remove mixture from heat, let cool a few minutes.
- In a bowl, combine bread, egg, wine, ground flaxseed, parsley, onion-red pepper mixture.
- Season with salt and pepper. Mix well.
- Between two sheets of wax paper flatten chicken breast to ¼ inch (6 mm) thickness.
- Spread ½ cup (125 mL) stuffing mixture on breast. Roll up. Repeat with other breast.
- Preheat oven to 350° F (180° C).
- Place chicken rolls on a baking sheet that has been sprayed with a nonstick cooking spray.
- Lightly brush the top of the chicken rolls with canola oil. Sprinkle with salt, pepper and paprika.
- Bake 40 to 45 minutes. Rolls should feel firm and bounce back when gently pressed on top with fingertip.

*Apple juice or chicken broth can be substituted for white wine.

Yield: 2 servings

Serving Size: 1 chicken breast

Single Serving Nutrient Values

Calories	329.51
Protein	34.50 g
Carbohydrate	17.88 g
Fiber	4.06 g
Fat	13.39 g
Saturated	2.88 g
Monounsaturated	5.83 g
Polyunsaturated	3.42 g
Cholesterol	174.69 mg

Folate	32.55	mcg
Potassium	471.05	mg
Sodium	735.45	mg