

PECAN CRUSTED STUFFED CHICKEN BREASTS

(adapted from Damaris Phillips)

Four boneless, skinless chicken breasts
salt and ground black pepper
4 ounces fresh goat cheese, crumbled
1 tablespoon chopped fresh dill
2 teaspoons grated orange zest
2 eggs
2/3 cup dried breadcrumbs
2/3 cup ground pecans
Coconut oil spray

Heat the oven to 400 degrees F.

Place the chicken breasts between two pieces of plastic wrap and pound to 1/4-inch thick. Pat the chicken dry and sprinkle liberally with salt and pepper on both sides. Sprinkle the goat cheese lengthwise on one half of each breast; then sprinkle with dill, and orange zest. Fold in the short ends as if folding a Mexican burrito, then, starting on the half with cheese, roll up into a tight cylinder. Close the seams with toothpicks or tie with kitchen twine.

Whisk the eggs in a wide, shallow dish with 1 tablespoon water. In a separate dish, combine the breadcrumbs and ground pecans. Sprinkle the stuffed chicken with salt and pepper. Dip in the egg mixture and then in the breadcrumb mixture; shake off excess breading.

Place the breaded chicken on a wire rack set over a baking sheet and spray with coconut oil. Bake to an internal temperature of 160 degrees F, about 25 minutes. Remove from the oven and let rest for 5 minutes. Remove the toothpicks. Cut in slices and serve.