

## Onion-Stuffed Chicken in Wine Sauce

### Ingredients

- 1 tsp. olive oil, divide use
- 1 large garlic clove, minced
- 1 cup diced onion
- 1 cup button mushrooms (optional)
- ¼ tsp. ground black pepper
- 4 (4 ounces each) chicken breast halves, boneless and skinless
- 4 (½-ounce each) slices Gouda cheese
- ¾ cup low-salt chicken broth
- ¼ cup dry sherry
- 1 tsp. cornstarch
- 1 tsp. water
- 4 small button mushrooms, halved (optional)

### Preparation

1. Heat ½ teaspoon olive oil in a large, non-stick skillet over medium heat.
2. Add garlic, diced onion and mushrooms (optional); sauté 3 minutes. Stir in ground black pepper, and set aside.
3. Cut a horizontal slit through the thickest portion of each breast half to form a pocket; stuff 2 tablespoons onion mixture and 1 slice of Gouda cheese into each pocket.
4. Heat remaining ½ teaspoon olive oil in large skillet over medium-high heat.
5. Add chicken; cook 6 minutes on each side or until chicken is done. Remove chicken from skillet. Set aside; keep warm.
6. Add chicken broth and dry sherry to skillet. Bring to a boil; cook 2 minutes until liquid mixture is reduced to ¾ cup.
7. Combine cornstarch and water in a small cup and thoroughly mix; add to skillet.
8. Bring to a boil; cook 1 minute, stirring constantly.
9. Return chicken to skillet; cover and simmer 2 minutes or until thoroughly heated.
10. Serve sauce with chicken; if desired, garnish with small button mushrooms.

Makes 4 servings. Serving size: 1 chicken breast half.



### Nutrition Analysis

Per serving: 207 calories, 31 g protein, 7 g fat (3 g saturated fat), 4 g carbohydrate, 82 mg cholesterol, 207 mg sodium



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