

Mushroom Stuffed Grilled Chicken



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Yield: 6 servings

Prep Time: 20 minutes. Total Time: 35 minutes.

Ingredients

- 1 pound chopped mushrooms
- 1 clove garlic, minced
- ½ teaspoon oregano
- 2 tablespoon olive oil
- 2 tablespoon low sodium chicken broth
- 1 teaspoon low sodium soy sauce
- ¼ teaspoon pepper
- 3 chicken breasts

Preparations

1. In a skillet, sauté mushrooms, garlic and oregano in olive oil until tender.
2. Remove from heat and stir in broth, soy sauce and pepper. Return to heat and cook for 2 minutes while continuously stirring. Remove from heat and cool.
3. Cut open chicken breasts and stuff with mushroom mixture. Close breasts with tooth picks.
4. Grill until thoroughly cooked (170 degrees). Enjoy!

Nutrition Facts

Serving size: approx. 1/2 chicken breast

Amount Per Serving

Calories 192

Total Fat 7.6g

Saturated Fat 1.5g

Cholesterol 73mg

Sodium 11mg

Total Carbohydrate 1.7g

Dietary Fiber 0.6g

Protein 28g

Carbohydrate Serving 0

Make it a meal
Add a green veggie and a whole
grain carb like brown rice, quinoa,
or whole wheat roll.

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