



**Easy Stuffed Italian Chicken Breasts**  
*Serve with Balsamic Sauced Veggies*

**Simple Stuffed Chicken Breasts:**

2 boneless chicken breast halves, trimmed

4 thin prosciutto slices

4 fresh large basil leaves

Season with salt; ground black pepper to taste

1 Tablespoon pesto sauce

- With scissors or a sharp knife, cut a pocket slit into the side of each chicken breast.
- Lay 4 thin slices prosciutto on a flat surface. Place 2 fresh basil leaves on each prosciutto slice; roll up each slice, enclosing the basil leaves inside.  
(Note: If your chicken breasts are small, make only 2 prosciutto roll-ups)
- Insert two roll-ups inside each slit in large chickens. Season chicken breasts with salt and ground black pepper to taste. Rub the top of each chicken breast with ½ Tablespoon pesto sauce. Set aside.

**Balsamic Sauced Veggies:**

1 Tablespoon olive or avocado oil

4 ounces fresh wild mushrooms, stems removed, sliced

1 large onion, peeled, sliced

Salt; ground black pepper as desired

1/2 cup roasted red peppers, sliced, chopped

1/3 cup pitted kalamata olives

- Place oil in large skillet, sauté mushrooms and onions until golden brown about 5 to 7 minutes, seasoning to taste with salt and ground black pepper.
- Remove from skillet to large bowl, mix in red peppers and olives. Set aside

**Cook Chicken and Pan Juices:**

1 to 2 Tablespoons avocado or olive oil

3/4 cup chicken broth

1/2 cup balsamic vinegar

1/4 cup raisins

2 cups fresh spinach leaves or as desired

- Place and heat oil in large skillet; Cook chicken, pesto side up first over medium heat for about 4 to 5 minutes; turn; cook 4 to 5 minutes until golden brown on both sides.
- Add 1/2 cup warm chicken broth to skillet; cook chicken until temperature is 165 degrees F., about 5 to 10 minutes more. This will depend on how large the chicken breasts are. Remove the cooked chicken to platter.
- Add vinegar and if needed remaining chicken broth to the pan juices and drippings; cook about 3 to 5 minutes to blend flavors. Stir in Balsamic Veggies, cook until warm.

**To Serve:** Slice chicken breasts into about 1 inch serving slices. Place spinach leaves on a serving plate; Using a slotted spoon, place Balsamic Veggies over the spinach layer. Arrange chicken slices on top; drizzle with pan juices. Serve warm. Serves: 2 to 4

**Cook's Note:** A delightful addition to add to the veggies is crisp cooked prosciutto pieces. There are several ways to cook it easily. See the link:  
<https://www.sugarsaltmagic.com/crispy-prosciutto/>

**About the Recipe:** This is an easy way to add stuffing inside a chicken breast using only prosciutto slices and fresh basil leaves. Then sauté a few basic onions and mushrooms, add roasted red peppers and olives, that are served over fresh spinach leaves. Then only drizzle with some pan juices for a delicious healthy dinner dish.