

WRAPPED/STUFFED CHICKEN BREASTS

Ingredients:

- four boneless, skinless chicken breasts (small size)
- 1 piece of Phyllo pastry dough (usually 2 to pkg)
- 1 small roll goat cheese
- 1 small jar spicy red pepper jelly (QFC has this)
- 1/4 pound butter
- 1 egg, whipped
- salt and pepper to taste

Method:

In a large skillet (preferably cast iron) melt 1/4 pound butter

Salt and pepper chicken breasts and sauté in until lightly browned on both sides

Remove from pan

Make slice in chicken breasts and insert slice of goat cheese

Cut Phyllo dough into four equal pieces and roll out until slightly thinner than original large piece

Lay stuffed chicken breast into middle of dough

Place 1 1/2 teaspoons red pepper jelly on top of chicken breast

Fold dough over and seal with whipped egg

Brush top of dough with egg

Bake for approximately 15 - 20 minutes at 325' or until puffed and lightly browned

Serve hot with side of green veggies and salad.