



## Pistachio-Crusted Stuffed Chicken Breasts

4 boneless, skinless chicken breasts  
2 or 3 leaves of kale  
4 slices roasted red pepper  
3 oz. almond cheese  
2 Tbsp. extra-virgin olive oil  
2 Tbsp. cashew butter  
2 Tbsp. lemon juice  
1 tsp. sea salt  
½ tsp. onion powder  
½ tsp. oregano  
½ tsp. garlic powder  
½ tsp. cumin  
½ cup pistachios, shells removed  
4 Tbsp. quinoa flakes  
3 Tbsp. coconut oil

Makes Approximately 4-6 Servings

- Step 1** Preheat oven to 350F.
- Step 2** Rinse the chicken breasts, and dry them with a paper towel. Slice into the side of each breast at its thickest part to create a pocket for stuffing.
- Step 3** Slice the kale leaves and roasted red pepper into thin slices. Shred the almond cheese, and stir together in a small bowl with the kale and peppers, and almond cheese mixture into the pocket you created in each breast. Pin the pocket closed with a toothpick to seal in the stuffing.
- Step 4** In a large bowl, mix, the olive oil, cashew butter, lemon juice, and all spices and herbs until well combined
- Step 5** Carefully dip the chicken breasts in this mixture one at a time, without allowing them to come unpinned. Make sure each breast is fully coated; it may be necessary to use your hands to spread the mixture onto the breasts to coat them evenly.
- Step 6** Grind the pistachios in a spice grinder or by hand with a mortar and pestle. Add to a large bowl along with the quinoa flakes, and dip each coated chicken breast into the crust mixture.
- Step 7** Heat the coconut oil in a large skillet over medium-high heat. Once the oil is melted, brown the chicken; This should take about a minute or two for each side.
- Step 8** Remove the chicken from the skillet, and place in glass dish.
- Step 9** Bake for 20-25 minutes, depending on thickness of chicken.