

Goat Cheese and Broccoli Stuffed Chicken - 6 pts each or 8 points plus

Ingredients: 6oz chicken breasts (2), 2.5oz soft Goat Cheese, 1 large broccoli crown

- Cut a slit in the large, wide end of the breast and gently work your knife halfway through, stopping as you approach the thinner end of the breast. Widen the cavity by working your fingers through the slit. season with pepper and salt and put aside

- Steam broccoli crown and then pulse in a food processor until fairly smooth.

- Add goat cheese to the broccoli mash and pulse.

- Gently spoon mixture into the chicken breasts. Or, if you have a pastry bag, pipe into the chicken for a neater approach.

- Bake at 350* for about 20 - 30 min.