

Almond Crusted Stuffed Chicken Breasts

- 4 skinless, boneless chicken breasts
- 1 tablespoon extra virgin olive oil
- 1 tablespoon cashew butter
- 2 tablespoons lemon juice
- 1 teaspoon sea salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- ½ cup Quinoa Flakes
- 1/2 cup almond meal
- 2 or 3 leaves of kale
- 4 sun dried tomatoes
- 3 ounces of almond cheese
- 3 tablespoons coconut oil

Pre-heat oven to 350 degrees.

Rinse chicken breasts and dry with paper towel. Slice into the side of each breast at its thickest point to create a pocket for stuffing.

Slice kale leaves, and sun dried tomatoes into thin slices. Shred almond cheese and stir together in small bowl with kale and tomatoes.

Stuff the kale, tomato, and almond cheese mixture into the pocket you created in each chicken breast. Pin the pocket closed to seal in stuffing with a few toothpicks.

In a large bowl, mix olive oil, cashew butter, lemon juice, and all spices and herbs until well combined.

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 breasts to coat evenly.

Combine the Quinoa Flakes and almond meal in a large bowl. Dip the breasts into this mixture, again you may want to use your hands to make sure the dry crumbs stick to the wet coating.

Heat the coconut oil in a large skillet over high heat.

Once oil is hot, brown the chicken, this should take about a minute or two for each side.

Remove chicken from skillet and place in a glass baking dish.

Bake in oven for 20-30 minutes.

Approximately 300-350 calories per breast, depending on size.