

Goat Cheese & Avocado Stuffed Chicken with Sweet Side

Makes 3-4 servings

<http://www.eminencenutrition.com/goat-cheese-avocado-stuffed-chicken>



Main

Ingredients

- 3 Chicken breasts
- ½ Large avocado, peeled and pitted
- 2 tbsp. Goat cheese
- Salt and pepper to taste

Directions

1. Preheat oven to 400F
2. Mash the avocado and goat cheese together.
3. Slice the chicken breast's down the middle to make a pocket and stuff the mash of avocado and goat cheese in the chicken pocket!!
4. Stick toothpicks through the chicken to hold it together
5. Season with salt and pepper
6. Bake for 25min
7. Enjoy 😊

Sweet Side - serves ~3

Ingredients

- 1 Medium carrot, sliced
- 2 cup Broccoli, chopped small
- ½ Onion, chopped
- 1 Bell pepper, chopped
- 2 tbsp. Balsamic vinegar
- 3-4 tbsp. Honey
- 1 cup Cooked mixed quinoa (red, white and black)

Directions

1. Cook quinoa
 - a. 2:1 ratio of quinoa to water
 - b. Bring to quinoa and water to boil, then lower heat, cover and simmer for 15-20min.
2. Fry the veggies in the balsamic vinegar and honey until they are at desired tenderness
3. Stir in the cooked quinoa
4. Enjoy 😊