



Cherry Stuffed Chicken Breasts

What a great “date night” dish this would make. It's a bit more complicated but oh the result, wow! Cherries and cashews give this dish it's umptious texture and flavor along with the tangy tart drizzle of Balsamic vinegar that graces the top.

INGREDIENTS

4 chicken breasts

12oz fresh cherries (any variety will do), pitted and diced

3 teaspoons Balsamic Vinegar

1 medium sweet onion, diced

2 tablespoons avocado oil

½ cup cashews

1 tablespoon fresh thyme, chopped

1 tablespoon fresh rosemary, chopped

juice of ½ lemon

salt and pepper, to taste

INSTRUCTIONS

Preheat oven to 400.

Add cashews to a cast iron pan and toast until lightly browned.

In a small or large food processor, pulse cashews until they are in very small pieces, but not a powder.

Heat the same cast iron pan over medium high heat and then add 1 tablespoon avocado oil.

Lower heat to medium and allow the oil to heat up for a minute or two.

Add diced sweet onion and cook until translucent.

Add salt and pepper, to taste.

Add cherries and sauté for another 5 minutes or so.

Remove from the pan and place in a medium sized mixing bowl with ground cashews, 1 teaspoon Date Balsamic and chopped herbs.

Add 1 tablespoon avocado oil to a large stainless skillet and set aside.

Using a meat tenderizer, pound chicken breasts between two pieces of saran wrap until they are about ½ inch thick.

Place flattened chicken breast on a separate piece of saran wrap.

Add cherry mixture down the center and using the saran wrap, roll the chicken around the mixture until a tight roll up is formed.

Twist the plastic on each end of the rolled chicken breast to keep contents tight while you roll the rest of the chicken breasts.

Remove chicken breast from the saran wrap it was rolled in and place on top of prosciutto. Using the saran wrap under the prosciutto, roll in the same way, making sure the prosciutto becomes tightly wrapped around the chicken.

Place rolled chicken on prosciutto on top of 3 pieces of cooking twine and tie each roll up carefully so that the contents don't spill out during cooking. The middle and each end should be tied in a relatively loose but secure tie.

Place chicken rolls onto the lightly oiled skillet and place in the oven for about 30-35 minutes until the chicken is fully cooked.

Remove from the oven and remove the chicken from the pan, allowing it to rest on a cutting board.

Pour out the majority of liquid in the pan, but save about 4 tablespoons.
Heat on medium high and add the lemon juice and remaining Date Balsamic (2 teaspoons).
Reduce the contents of the pan by half and remove from heat.

Carefully remove the twine from the chicken and slice, topping with the drizzled pan sauce.