

CHICKEN AND PECANS WITH STRAWBERRIES

Ingredients:

1 1/2 cups fresh strawberries, halved
1 1/2 tablespoons balsamic vinegar
3 tablespoons strawberry jam
Sea salt and black pepper to taste
[1 teaspoon of each]
4 skinless, boneless chicken breast
halves (about 3 lbs.)
3 oz. Parmesan
8-12 fresh basil leaves
2 tablespoons. olive oil
1 shallot, minced
12 half pecans



Directions:

Heat oven to 400. In 3-quart baking dish, combine strawberries, vinegar, and jam. Sprinkle with salt and pepper; set aside.

Cut a pocket in each chicken breast (not cutting through).

Cut Parmesan into six pieces.

Wrap a basil leaf around each piece of cheese.

Stuff cheese and basil into chicken pocket. Secure pockets with toothpicks. Sprinkle chicken with salt and pepper.

In large oven-safe skillet, cook garlic in oil over medium heat for 30 seconds.

Add chicken and cook 5 minutes, turning once.

Transfer to oven. Bake uncovered, 15 minutes.

Add the baking dish with the strawberry mixture to the oven.

Bake additional 10-13 minutes or until chicken is no longer pink and berries are soft and thick.

Serve chicken with melted strawberries.

Sprinkle with extra basil and pecan halves.