

Stuffed Chicken Primavera

Ingredients

1 to 2 Boneless Chicken Breast ***thick enough for stuffing**
1 Medium Yellow Squash
1 Medium Zucchini
1 Bag of Assorted Mini Sweet Peppers
1 Small Purple Onion
1/2 Cup Shredded Mozzarella or Parmesan Cheese
Bottle of Italian Dressing (12 – 16 Fl. Oz.)
Salt
Pepper
Garlic (powder or granulated)
McCormick Montreal Chicken Seasoning (small bottle)

***Marinate Chicken overnight in 1 cup of Italian Dressing**

1 cooking pan (glass, ceramic or aluminum)
Knives for cutting vegetables and poultry
Cutting board

Cooking time: 25 - 30 minutes

Nutrition Facts

*Per approximately 6 oz serving

Calories

450

Carbs

9 g

Fat

18 g

Protein

38 g

Sugar

3 g