



Mark Keady

Chicken Mark

Ingredients:

2 lbs boneless chicken breasts
1 pkg McCormick Grill Mates Garlic Wine & Herb Marinade
1/4 cup oil + 2 Tbsp oil
1 Tbsp White or Balsamic Vinegar
1/4 cup water
4 oz goat cheese
1 bag baby spinach

Kitchen twine
Plastic Wrap
Gallon storage bag



Directions:

Preheat oven to 425 degrees.

Butterfly the chicken breasts by slicing sideways through them and laying flat. Cover with plastic wrap and flatten/tenderize the chicken with a kitchen mallet, rolling pin, or tenderizer. The chicken breast should be just under a half inch thick.

Put all flattened chicken breasts into a gallon storage bag. In a separate bowl, prepare Grillmates Marinade as directed. Pour marinade over chicken breasts. Force all air out of bag, seal. Put chicken in fridge anywhere from 45 minutes to overnight.

Remove chicken from bag. Lay three pieces of twine cut in 9-12 inch pieces across a cutting board. Lay one chicken breast on the three pieces of twine.

In the middle of each butterflied breast, add a dollop (about 1Tbsp) of goat cheese, and a handful of spinach. (about 1cup ea.) Then roll the chicken up with the goat cheese and spinach and tie each piece of twine into a knot to secure it closed. Trim the excess twine (which I fail to do in the video)

In a skillet on medium high heat add the 2 Tbsp oil and put rolled chicken into hot skillet. Turn chicken to give it a golden brown coat. Once all breasts have been seared, move the breasts to a baking dish. Cover and cook 25 minutes until internal temperature has reached 160 degrees.

You can add 1 cup of chicken broth to the pan you seared the chicken in and stir up those bits stuck to the pan. Keep stirring over heat until it reduces and makes a nice glaze.

Once chicken is cooked, remove from baking dish. Cut twine off. Slice the chicken crosswise to reveal the stuffed breasts. Top with glaze reduction. Serve with a side of vegetables and a salad. Feel free to name this one after yourself! Enjoy.