NaturesPlus

Cherry Stuffed Grilled Chicken

INGREDIENTS

1 ½ cups pitted and coarsely

chopped sweet cherries

1/4 cup chopped onion

1 tsp chopped fresh sage

1/2 tsp salt

1/2 tsp chopped fresh thyme

4 skinless chicken breast

halves (4-6 oz each)

3 tbsp olive oil

2 tbsp white wine vinegar

1 1/2 tsp garlic salt

1/2 tsp coarsely ground pepper

- 1. Combine cherries, onion, sage, salt and thyme; mix well.
- Cut a pocket on the thicker side of each chicken breast; sprinkle lightly with salt if desired. Stuff 1/4 of cherry mixture into each pocket; close openings with metal skewers or wooden picks.
- 3. Combine oil, vinegar, garlic salt and pepper; mix well. Marinate stuffed chicken breasts 1/2 hour in refrigerator.
- 4. Broil or grill chicken breasts, brushing with marinade within first 3 minutes, until fully cooked and juices run clear when sliced.

Yields 4 servings

Source: reprinted with permission from Northwest Cherry Growers

recipes