

Chicken Bragirole

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| 2 large boneless, skinless chicken breasts | 1/4 C pine nuts (or walnuts) |
| 4 medium carrots | 2 T seedless raisins |
| 1 yellow onion | 1 slice whole wheat bread |
| 2 bulbs fennel | 1 C raw spinach leaves, stems trimmed off |
| 6 roma tomatoes | 4 slices prosciutto, sliced very thin |
| 4 cloves garlic | |
| Olive oil, salt & fresh peppercorn | 1 C chicken broth |
| 1 bay leaf | |
| 1T Sage | |
| 1 T Rosemary | |
| 1t roasted, granulated garlic | |

Ahead: Slice chicken breasts in half horizontally, and pound very thin (to approx. 1/4" thick)

Preheat oven to 350°.

Chop carrots, onion, fennel and tomatoes into 1" pieces and place in a roasting pan with olive oil, herbs, salt and pepper. Toss well and place in oven to give veggies a 10-minute head start. Meanwhile, mince garlic, walnuts, raisins and soft inside of bread and combine with 1T olive oil, salt and pepper in a bowl. Set aside. For each chicken piece, lay it flat, cover with a single layer of spinach leaves, one slice of prosciutto and 1/4 of the garlic/raisin mixture. Roll up tightly, tucking in ends as you go. On the stovetop, preheat olive oil to medium-high. Place each chicken bundle in and brown well on all sides. Once browned, nestle in with the veggies in the roasting pan. Pour over 1C of broth and bake for an additional 25-30 mins, until chicken is cooked through.