

14 Chicken Breasts with Mint



Mint yogurt sauce

Yogurt, plain	250 ml	1 cup	260 g
Lime juice	15 ml	1 tablespoon	15 g
Honey	15 ml	1 tablespoon	20 g
Fresh mint, chopped	60 ml	¼ cup	5 g

Stuffing

Lemon zest, chopped	15 ml	1 tablespoon	5 g
Parsley, chopped	125 ml	½ cup	30 g
Garlic cloves, finely chopped	2		5 g
Pepper, freshly ground	To taste		

Cooked ham, 50% less salt (25204) diced	500 ml	2 cups	300 g
Boneless chicken breasts, unseasoned (806-8420)	10	2 lbs.	900 g

- : 10
- : 20 minutes
- : 20 minutes
- : yes

Nutrition Facts

For 1 portion (90 g)

Amount	% Daily Value
Calories 140	
Fat 2.5 g	4%
Saturated 0.5 g	
+ trans 0 g	3%
Polyunsaturated 0.3 g	
Omega-6 0 g	
Omega-3 0 g	
Monounsaturated 0.4 g	
Cholesterol 70 mg	23%
Sodium 280 mg	12%
Potassium 650 mg	18%
Carbohydrates 4 g	1%
Fibre 0 g	0%
Sugar 6 g	
Protein 25 g	
Vitamin A 26 RE	2%
Vitamin C 2 mg	4%
Calcium 60 mg	6%
Iron 0.5 mg	4%
Phosphorus 39.3 mg	4%

- 1 Mix ingredients for mint yogurt sauce in bowl and set aside.
- 2 Mix other ingredients in bowl to prepare stuffing.
- 3 Cut the chicken breasts lengthwise, taking care to not cut through completely so that they may open into a butterfly shape and stuff them with ham stuffing then close each breast.
- 4 Broil chicken on the grill for 10 minutes on each side, all depending on the size of the breasts. The meat temperature should reach 74 °C (165 °F) for 15 seconds.
- 5 Serve with mint yogurt sauce and your choice of vegetables.

Chef's Remarks

replacement products : Breast O'Chicken grills, fully cooked, char-marked (606-0236), split turkey breast, unseasoned (820-8183).

Canada's Food Guide Portions

1 ¾ servings of meat and alternatives.



Olymel Product Allergens

*Contains : none



Food Exchange System

¼ serving of milk and alternatives + 3 servings of meat and alternatives.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)