

Asparagus Stuffed Chicken Breast

4 Skinless boneless chicken breasts about 1 1/2 lb.
1 Tsp Italian seasoning mix
1 Tsp Garlic Powder
1 Tsp Smoked Paprika
Sea salt and pepper
12 Asparagus stalks end trimmed
1 oz Tomatoes chopped up
4 slices Mozzarella Cheese (I also like to use Swiss)
1 Tbsp Olive Oil

Preheat your oven to 400 F.

Place the chicken on a clean chopping board and sprinkle with Italian seasoning, garlic powder, paprika, salt, pepper.

Start cutting each one lengthwise to create the pockets. Be careful not to cut all the way through.

Add 3 sprigs of asparagus and a couple of pieces of tomatoes to a mozzarella slice, then roll it to hold them inside. Stuff the chicken breasts with it.

Close the pocket with a toothpick. Heat oil in skillet.

Add in the chicken and sear it until nicely golden brown, about 3-5 minutes per side. Bake the chicken for 15-20 minutes.