



Crispy Chicken with Goat Cheese & Sun Dried Tomatoes

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A delicious baked chicken breast stuffed with a tasty goat cheese and sun dried tomato filling, topped with a crunchy panko breading.

	Course	Dinner
Cuisine	American	
Prep Time	20 minutes	
Cook Time	25 minutes	
Total Time	45 minutes	
Servings	6 people	
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Ingredients

Chicken

- 6 boneless skinless chicken breasts fresh, not frozen
- olive oil

Goat Cheese Filling

- 7.5 ounce goat cheese log if possible pull it out of the fridge 20 minutes early to soften
- 0.75 cup mayonnaise
- 0.5 cup sun dried tomatoes, packed in oil drained and chopped
- 1.5 plump garlic clove minced
- 1.5 tsp dried basil
- 0.75 tsp salt
- black pepper

Crunchy Topping

- 1.5 cup ~~panko bread crumbs~~ [pork rinds, crushed](#)
- 3 tbsp mayonnaise
- 1.5 tsp dried basil
- pinch of salt, pepper, & red pepper flakes

Instructions

1. Preheat the oven to 350.
2. Pound the chicken breasts to about ¼ inch thickness with a meat mallet or rolling pin. Set aside.
3. In a medium bowl mix together all the ingredients for the goat cheese filling. Stir until it is well combined and there are no clumps of goat cheese remaining.

4. On a foil lined sheet pan lay the pounded chicken breasts out flat. Spread a few spoonfuls of the goat cheese mixture evenly over the flattened chicken breasts. Lightly roll the chicken over the filling, like a burrito, try to keep all the filling inside the chicken roll. Lay the chicken rolls seam side down on the pan. *** This will be messy, but don't worry it will turn out beautifully!
5. Season the outside of the chicken with a drizzle of olive oil and a sprinkle of salt and pepper.
6. Place the chicken in the oven for 15 minutes.
7. Meanwhile, in a small bowl mix together the ingredients for the Crunchy Topping.
8. Remove the chicken from the oven and top it generously with the panko bread crumb mixture. You want this to be a **pile** of crunchy topping on each chicken breast.
9. Carefully place the chicken back in the oven for an additional 10-12 minutes until the topping is golden brown and crispy and the chicken is cooked thru.
10. Let the chicken rest for 5 minutes before serving.

Notes

** When you serve this dish make sure to scrape up all the bread crumbs and filling that spills out during the cooking. Those ooey-goey-cheesy-crispy-bread bits are the best!!!

Recipe found at Mom's Dinner - momsdinner.net