

Caprese Stuffed Honey Balsamic Chicken

All my favorite flavors in one dish! This recipe is bursting with flavor! Moist, juicy chicken paired with mozzarella, tomatoes and a balsamic reduction. This dish is unforgettably delicious!



Prep Time: 15 minutes

Cook Time: 25 minutes

Servings: 4

Ingredients

- 4 (7-ounce) chicken breasts
- Salt and pepper , to taste
- 1 teaspoon each of dried oregano and dried basil
- 2 roma tomatoes , sliced thinly
- 1/4 cup sun dried tomato strips in oil (separate oil and strips)
- 4 mozzarella cheese slices (or sub gouda cheese)
- 12 basil leaves, divided
- 4 cloves garlic, minced
- 1/3 cup balsamic vinegar
- 1-1/2 teaspoons honey

Instructions

1. Preheat oven to 350°F.
2. Using a sharp, [thin-bladed knife](#), cut a pocket about 3/4 quarter of the way through on the thickest side of each breast, being careful not to cut all the way.
3. Season chicken with salt, pepper, and dried herbs. Pour 1 teaspoon of sun dried tomato oil over each breast, rub along with seasoning over breast and inside the pocket.
4. Fill each with 2 slices fresh tomato, 2 teaspoons sun dried tomato strips, one slice cheese and three basil leaves.

5. Seal with 3-4 toothpicks diagonally to keep the filling inside while cooking.
6. Heat 2 teaspoons of sun dried tomato oil (sub olive oil if needed) in a [cast iron skillet](#) or non stick pan over medium-high heat. Add the chicken and fry for 2 minutes on each side until golden.
7. While the chicken is cooking, mix together the garlic, balsamic vinegar and honey in a small bowl. Pour into the pan around the chicken; bring to a simmer while stirring occasionally, until the glaze has slightly thickened (about 2-3 minutes).
8. Transfer pan to the preheated oven and continue to cook for a further 10-15 minutes, or until the chicken is cooked through and the cheese has melted.
9. Remove toothpicks and drizzle with pan juices.

Note: You can use store bought balsamic glaze instead of making it from scratch.