

# Broccoli Stuffed Chicken Breast

*servings per recipe: 1*

*1 serving counts as 1 protein, 1 vegetable, 1 lemon juice, 1 melba toast/breadstick*

You can easily make this recipe in 30 minutes and most of the ingredients are low in calories.

## Ingredients

- 100 grams chicken breast
- 100 grams chopped broccoli (if you can't eat broccoli on the diet try spinach)
- 1 crumbled melba toast or breadstick
- ½ tsp sea salt
- ½ tsp pepper
- 4 tbsp apple cider vinegar
- juice of 1 lemon



## Directions

- Mix chopped broccoli, salt, pepper, and lemon juice together well
- Cut a pocket in the chicken breast and stuff the mixed ingredients in it
- Add water and some lemon juice to the bottom of the baking dish
- Place your chicken breast on the baking dish and spread bread crumbs on it
- Place the baking dish in the oven at 400 degree for 25 minutes
- Serve hot



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