

Asparagus Stuffed Chicken!!

Ingredients

2-4 large skinless, boneless chicken breast
2-4 slices Swiss or Mozzarella cheese
Garlic powder (to taste)
Onion powder (to taste)
Paprika (to taste)
Italian seasoning (to taste)
Salt and black pepper
8 asparagus spears, trimmed
1/4 cup Panko bread crumbs (optional)

Directions

Preheat an oven to 375 degrees. Grease an 8×8-inch baking dish.

Place chicken breast between resealable freezer bag on counter top. Firmly pound the chicken with the smooth side of a meat mallet to an even thickness of about 1/4 inch.

Sprinkle each side with garlic powder, onion powder, paprika, italian seasoning, salt and pepper.

Place 4 spears of asparagus down the center of a chicken breast, then place cheese on top

Repeat with the other chicken breast, and roll the chicken around the asparagus and cheese to make a roll. Tie rolls with string or use toothpicks.

Place the rolls seam sides down in the prepared baking dish, and sprinkle each with about 2 tablespoons of bread crumbs.

Bake in the preheated oven until the juices run clear when pricked with a fork, about 25 minutes.

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