

## Roasted Grape & Pear Stuffed Chicken

### INGREDIENTS

- 2C red grapes
- 4 pears, chopped
- 2-3TBS olive oil
- 2TBS rosemary, chopped
- 1/2tsp Himalayan sea salt
- 2 chicken breasts

1. Preheat oven to 375°F.
2. In a mixing bowl, combine grapes, pears, oil, sea salt, and rosemary until well coated.
3. Roast fruit for about 12-15 minutes. Meanwhile, slice the sides of the chicken breasts to make small pockets.
4. Drizzle chicken with a little olive oil then garnish with sea salt and black pepper.
5. Grease the bottom of a baking dish with a little oil, ghee, or butter then add the chicken.
6. Stuff chicken breasts with roasted fruit then bake for about 30 minutes or until cooked thoroughly, depending on thickness of chicken breasts.
7. Remove from oven, garnish with extra roasted grapes and pear mixture then sprinkle with sea salt, chopped rosemary, and olive oil. Enjoy!