



**Nova Scotia  
Apples**  
*Pick An Original*



## Chicken Breasts Stuffed with Apples and Almonds

- 1 1/2 tsp. margarine
- 1/2 cup chopped apples
- 4 boneless, skinless chicken breasts
- 1/2 cup dry bread crumbs
- 1/4 tsp. cinnamon
- 1 egg white
- 1 tbsp. sliced almonds
- 1 1/2 tsp. vegetable oil

Melt margarine in a small non-stick skillet and saute apple, almonds and cinnamon until apple is just tender, approximately 5 minutes. Place a chicken breast between 2 sheets of waxed paper and pound until flattened. Repeat for remaining chicken breasts. Top each chicken breast evenly with apple mixture. Carefully roll up and secure with totpicks. Dip into egg white, then into bread crumbs. In a large non-stick skillet, heat oil and saute chicken breasts until browned on all sides. Place in baking dish.

< [Back to Table of Contents](#)