

**Garlic Kale Stuffed Chicken Breast  
with Roasted Broccoli & Citrus Herb Vinaigrette**

**4 SERVINGS | HANDS ON TIME: 20 minutes | TOTAL TIME: 45-60 minutes**

Windy Meadows Family Farm Bone-in Chicken Breast, thawed, patted dry with paper towels  
Fruitful Hill Farms Kale, large stems discarded, leaves washed  
Texas Farm Patch Broccoli, washed  
Farmhouse Kitchen Garlic Sauce, stirred well before use  
Farmhouse Kitchen Citrus Herb Vinaigrette, shaken or stirred well before use  
Sea salt and fresh cracked black pepper  
Olive or vegetable oil

Preheat oven to 425°F degrees. Place a large cast iron skillet or oven-safe saute pan in the oven while it preheats.

**STEP 1** Roughly chop the washed kale leaves into 2” pieces. Heat a saute pan over medium heat. When the pan is hot, add 2 tsp. oil and chopped kale to pan. Season with salt and pepper to taste and saute for 2-3 minutes until wilted. Transfer the sauteed kale to a bowl and combine with the garlic sauce. Let cool for 5-10 minutes, while you prepare the chicken.

**STEP 2** Create a pocket in the chicken breasts to stuff the kale. Set the chicken breast vertically on a cutting board. Place your non-dominant hand on top of the chicken to stabilize it and keep your thumb and fingers straight and flat, rather than grasping the chicken. Take a sharp paring or filet knife and cut approximately 1.5” into the middle of the breast meat, starting about 1” from the top and ending 1” from the bottom. Be careful of not cutting all the way through the meat, but if you do, it will still work fine for stuffing. Use your hands to stuff the kale into the chicken breast pocket. Season stuffed chicken breast all over with 1 tsp. salt and pepper. Set aside.

**STEP 3** Remove the hot skillet or pan from the oven and add 1 tbsp. oil. Place the chicken, bone side down, in the hot pan. Roast on the middle oven rack for 25-45 minutes or until the internal temperature of the chicken, when measured at the thickest part, reaches 165°F. (**NOTE:** Chicken breasts will vary in size. Begin checking the temperature after 20 minutes and remove the smaller breasts when they reach temperature, while leaving the larger pieces to cook longer.) Transfer the chicken to serving plates, loosely tent with foil, and let rest for 10-15 minutes. Leave the oven on and place the skillet back in oven to heat for approximate 5 minutes. While pan is reheating, cut the broccoli crown and stems into approximately 2” florets

**STEP 4** Remove the hot skillet from the oven and add the broccoli florets and 1/2 tsp. salt and pepper. Toss to coat in chicken fat and distribute seasoning. Roast in the oven for 7-10 minutes. The broccoli will become bright green and crisp tender, while also lightly caramelizing.

**STEP 5.** Serve garlicky kale stuffed chicken breast with a side of roasted broccoli. Drizzle chicken and roasted broccoli with citrus herb vinaigrette. Enjoy!

**NOTE:** If you don't have a cast iron skillet or oven-safe saute pan, you can roast the chicken on a sheet tray. After the chicken breasts are roasted, you can then use the same sheet tray to roast the broccoli.