

From ***America's Test Kitchen Cooking for Two 2012***

### **Parmesan and Basil-Stuffed Chicken Breasts with Roasted Carrots**

---

**SERVES 2**

It is important to buy chicken breasts with the skin still attached and intact, otherwise the stuffing will leak out. Be sure to spread the carrots in an even layer halfway through baking to ensure that they cook through and brown properly.

- 1 ounce Parmesan cheese, grated (½ cup)**
- 1 ounce cream cheese, softened**
- 2 tablespoons chopped fresh basil**
- 1 tablespoon extra-virgin olive oil**
- 1 small garlic clove, minced**
- Salt and pepper**
- 2 (12-ounce) bone-in split chicken breasts, trimmed**
- 1 tablespoon unsalted butter, melted**
- 6 small carrots, peeled and sliced ½ inch thick on bias**
- 1½ teaspoons packed dark brown sugar**

**1.** Adjust oven rack to middle position and heat oven to 450 degrees. Line rimmed baking sheet with aluminum foil. Mix Parmesan, cream cheese, basil, oil, garlic, pinch salt, and pinch pepper together in small bowl.

**2.** Pat chicken dry with paper towels, season with salt and pepper, then gently loosen center portion of skin covering each breast. Using spoon, place one-half of cheese mixture under skin, in center of each breast. Gently press on skin to spread out cheese mixture.

**3.** Arrange chicken, skin side up, on 1 side of baking sheet. Brush chicken with one-half of melted butter. Toss carrots with remaining melted butter and sugar and season with salt and pepper. Mound carrots in pile on baking sheet, opposite chicken.

4. Bake until chicken registers 160 degrees and carrots are browned and tender, 30 to 35 minutes, rotating pan and spreading out carrots into even layer halfway through baking. Let chicken and carrots rest on baking sheet for 5 minutes. Serve.

#### VARIATION

##### **Goat Cheese and Olive-Stuffed Chicken Breasts with Roasted Carrots**

Omit Parmesan, basil, and olive oil. Add 1½ ounces softened goat cheese, 2 tablespoons finely chopped pitted kalamata olives, and 1 teaspoon minced fresh oregano to cream cheese mixture.

#### NOTES FROM THE TEST KITCHEN

##### **STUFFING BONE-IN CHICKEN BREASTS**



1. Using fingers, gently loosen center portion of skin covering each breast, making pocket for filling.



2. Using spoon, place filling underneath loosened skin, over center of each breast. Gently press on skin to spread out filling.