

## Chicken Breast Stuffed with Asparagus & Oka

2 large skinless, boneless chicken breast halves

salt and pepper to taste

8 local asparagus spears, bottoms trimmed, divided

1/2 cup shredded Oka cheese, divided

1/4 cup Italian seasoned bread crumbs

1/4 cup Parmesan cheese

Preheat oven to 375 F. Grease a 9x9-inch baking dish.

Place each chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound chicken with the smooth side of a meat mallet to an even thickness of about 1/4 inch.

Sprinkle each side with salt and pepper.

Place 4 spears of asparagus down the center of each chicken breast, and top with cheese. Roll chicken around the asparagus to make a tidy, compact roll. Place rolls seam sides down in baking dish.

Mix together Parmesan and bread crumbs. Sprinkle on top of chicken and bake until juices run clear when pricked with a fork, about 35 min., or until an instant-read thermometer inserted into the centre reads at least 165 F.

Yield: 2 Servings

