

Queso Fresco Chicken with Garbanzo Ragout



FOODSERVICE



SERVING SIZE: 4

Ingredients

- 4 each Chicken Breast
- 1 cup Queso Fresco, crumbled
- 2 teaspoons Jalapeno, Finely Diced
- 1 teaspoon Cilantro, Chopped
- As Needed **Bread Crumb Topping**
- 1 1/2 cups Panko Bread Crumbs
- 3 tablespoons Olive Oil
- 1 tablespoon Dry Oregano
- 2 tablespoons Tajo Cheese (or Parmesan), Grated
- As Needed **Garbanzo Ragout**
- 2 tablespoons Olive Oil
- 1/4 cup Onion, Finely Diced
- 2 tablespoons Poblano Chilies, Diced
- 1 tablespoon Minced Garlic
- 2 tablespoons Diced Tomatoes 1/4 inch
- 1 tablespoon Cumin
- 2 cups **Furmano's Chick Peas** , Drained and Rinsed
- 1/2 cup Chicken Stock
- 1 teaspoon Lime Juice
- 1 teaspoon Cilantro, Chopped

In This Recipe



Extra Fancy Chick Peas
(Garbanzo Beans)



Preparation

1. <p>Mix together Queso Fresco, Chopped Cilantro, and Minced Jalapeno Peppers</p>
2. <p>To Stuff Chicken Breast, slice a pocket lengthwise in the side of the chicken. Add 1/4 Cup of Queso Fresco into the pocket</p>
3. <p>In a saute pan over medium high heat, add a little olive oil. Then sear the Stuffed Chicken Breasts on both sides. Remove Chicken to a roasting pan. Preheat oven to 375*</p>
4. <p>Mix All the ingredients for the Bread Crumb Topping in a large plastic storage bag. When fully incorporated, top each chicken breast with the Bread Crumb Topping. Place in oven and roast for 15 minutes or an internal temperature of 165* is reached</p>
5. <p>In the same saute pan used to sear the chicken, add Olive Oil.</p>
6. <p>Over medium high heat, add Onions, Poblano Peppers, and Chick Peas. Saute for 3 minutes</p>
7. <p>Next add Minced Garlic and Cumin. Saute another 2 minutes.</p>
8. <p>Add Chicken Stock and Lime Juice. Heat to 165* and simmer for 10 minutes</p>
9. <p>Add Chopped Cilantro just before serving</p>
10. <p>Serve stuffed Chicken over rice in a pool of Ragout</p>

