

Lemon, Herb and Goat Cheese Roast Chicken Breasts

Ontario goat feta, herbs, lemon and shallots are mixed together and gently stuffed beneath the skin of the chicken to create a moist, flavour infused chicken breast.

4 skin-on boneless chicken breasts
1 tbsp (15 mL) olive oil
1/2 cup (125 mL) minced shallots
2 cloves garlic, minced
1 tbsp (15 mL) fresh chopped oregano
2 tsp (10 mL) grated lemon zest
1/2 tsp (2 mL) each, salt and pepper
1/2 cup (125 mL) Ontario goat feta cheese
4 thin slices lemon

Preheat oven to 375°F (190°C).

Gently slide your fingers in between the skin and the breast meat of each chicken breast to make a space but not detaching from one side of the breast (it will open like a flap). Set aside.

In skillet, heat oil over medium high heat. Cook shallots until tender and golden, about 5 minutes. Add garlic and cook 1 minute. Sprinkle with oregano, lemon zest and half each of the salt and pepper as you need to add the remaining at the end before you put it in the oven. Let cool completely. Stir in feta.

Divide the feta mixture over each chicken breast, under the skin, pulling skin over the filling, pressing gently to even out filling and secure skin.

Sprinkle with remaining salt and pepper. Top each with a slice of lemon. Roast for 30 to 35 minutes or until chicken is cooked through and no longer pink inside. Rest for 5 minutes before serving.

Makes 4 servings.

PER SERVING: about 300 cal, 39 g pro, 13 g total fat (5 g sat fat), 5 g carb, 1 g fibre, 110 mg chol, 420 mg sodium. %RDI: iron 10%, calcium 15%, vit A 10%, vit C 6%



Grilled Veal Chops with Spicy Goat Cheese

Spice infused chevre makes a flavourful topping for classic grilled veal chops.

4 bone-in veal chops (about 8 oz/224 g each)
1 tbsp (15 mL) olive oil
1 tsp (5 mL) each coarse salt, fresh cracked pepper
4 oz (115 g) Ontario chevre, softened
1 chipotle pepper in adobo sauce, minced (less if desired)
2 tbsp (25 mL) minced fresh cilantro
2 tsp (10 mL) grated lime zest

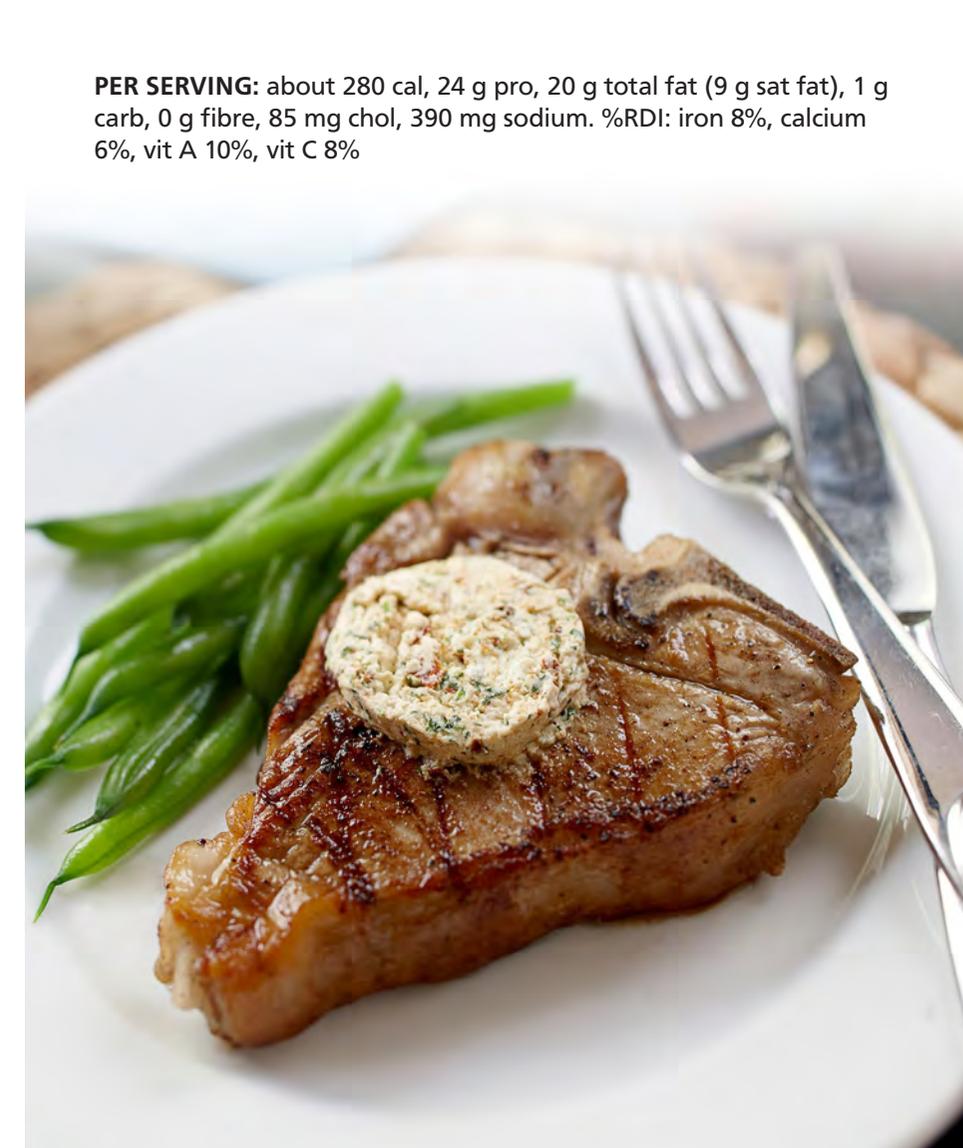
Drizzle veal chops with olive oil and sprinkle with salt and pepper. Let stand at room temperature for 30 minutes.

In bowl, stir together cheese, chipotle, cilantro and lime. Place in the middle of a sheet of plastic wrap and roll into a 2-inch (5 cm) log. Chill in refrigerator.

Grill veal chop over medium heat high heat until desired doneness, about 10 minutes per side for medium rare, depending on the thickness of the veal.

Cut chevre compound into slices using dental floss. Top hot veal with slice of cheese before serving.

Makes 4 servings.



PER SERVING: about 280 cal, 24 g pro, 20 g total fat (9 g sat fat), 1 g carb, 0 g fibre, 85 mg chol, 390 mg sodium. %RDI: iron 8%, calcium 6%, vit A 10%, vit C 8%

Delicious Dinners



Ontario
Goat Cheese

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Asparagus, Prosciutto and Goat Cheese Crepes

Fresh asparagus and paper thin prosciutto is wrapped in a fresh crepe and topped with a smooth, distinctive goat cheddar cheese sauce. Perfect for brunch or a light dinner.

Crepes:

1 cup (250 mL) flour
1/4 tsp (1 mL) salt
3 eggs
1 1/4 cup (300 mL) milk
3 tbsp (45 mL) melted butter

Goat Cheddar Sauce:

2 tbsp (25 mL) butter
2 tbsp (25 mL) all purpose flour
2 cups (500 mL) milk
1 cup (250 mL) shredded Ontario goat Cheddar cheese

36 asparagus spears, stems
12 slices prosciutto
1/4 cup (50 mL) chopped chives
fresh cracked pepper

In blender, combine flour, salt, eggs, milk and 2 tbsp (25 mL) of the butter; pulse until well blended and smooth. Cover and refrigerate for 1 hour.

Heat 8-inch (20 cm) crepe pan or skillet over medium heat. Brush lightly with 1 tsp (5 mL) of the remaining butter. Pour a scant 1/4 cup (50 mL) of the batter into the pan, swirling to coat; cook for 1 minute, or until golden. Flip and cook 30 seconds. Transfer to plate.

Repeat with remaining butter and batter. Set aside and keep warm in 200°F (80°C) oven until ready to use.

In saucepan, melt butter over medium high heat. Stir in flour and cook until it makes a thick paste, about 2 minutes. Slowly whisk in milk and bring to boil, lower heat and cook until sauce is thickened, about 15 minutes. Whisk in cheese until sauce is smooth. Thin with extra milk if desired.

In large saucepan of boiling, salted water, blanch asparagus until tender crisp, about 2 minutes. Drain and transfer to plate.

Fill each crepe with a slice of prosciutto and 3 asparagus spears. Roll up and serve topped with warm sauce. Sprinkle with chives and fresh cracked pepper.

Makes 6 servings.

PER (2 crepes) SERVING: about 400 cal, 25 g pro, 20 g total fat (11 g sat fat), 33 g carb, 4 g fibre, 175mg chol, 960 mg sodium. %RDI: iron 30%, calcium 30%, vit A 40%, vit C 15%

Tip: You can also substitute an equal amount of Ontario goat Brie for the cheddar cheese. And for even more great cheese flavour sprinkle the prosciutto and asparagus with some extra grated goat cheese before rolling up in the crepe.

Roasted Vegetable and Goat Cheese Paninis

The slight sweetness of the roasted vegetables with an aromatic pesto pairs well with a robust Ontario goat cheddar cheese for this classic Italian sandwich.

4 large pieces roasted red pepper
8 pieces roasted zucchini
1/4 cup (125 mL) chopped roasted onions
1 cup (250 mL) shredded Ontario goat cheddar
1/4 cup (50 mL) pesto
8 slices rustic bread
2 tbsp (25 mL) olive oil

Divide peppers, zucchini and onions over 4 of the slices of bread. Top each with cheese.

Spread pesto over remaining slices of bread and top to make 4 sandwiches. Brush sandwiches with oil and grill in pan or in a panini press until golden and cheese is melted.

Makes 4 sandwiches.

PER SERVING: about 390 cal, 16 g pro, 22 g total fat (7 g sat fat), 33 g carb, 7 g fiber, 20 mg chol, 500 mg sodium. %RDI: iron 15%, calcium 35%, vit A 20%, vit C 50%

Tip: You could substitute an equal amount of any of the many varieties of Ontario goat cheese (i.e. Brie, mozzarella, chevre, gouda).



From chevre to brie, feta to cheddar and mozzarella Ontario goat cheese always adds something special to your dish.

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