**Keto Pesto-stuffed Chicken Thighs**

A simple, but delicious Keto Pest Stuffed Chicken Thigh recipe that will make the most of your summer produce! Low carb and gluten free too!
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Yield: 4 servings

INGREDIENTS

**FOR THE CHICKEN:**

4 chicken thighs
3 Tbsp pesto
1/2 tsp salt
1/4 tsp black pepper
1 Tbsp olive oil

FOR THE CAPRESE SALAD:

1 1/2 cups cherry tomatoes
1/2 cup fresh mozzarella, sliced or chopped
1 Tbsp fresh basil, chopped
2 Tbsp olive oil
kosher salt and pepper to taste

**Directions**
**FOR THE CHICKEN:**
Trim the thighs of any extra skin and place in an ovenproof dish.Stuff about 1 tsp of pesto under the skin of each chicken thigh, then rub the rest of the pesto over the tops of the chicken. Season with salt and pepper. Drizzle with olive oil.Bake in a preheated 400 degree (F) oven for about 40 minutes. Remove and serve with Caprese salad.

**FOR THE CAPRESE SALAD:**Combine all of the salad ingredients in a small bowl. Stir gently until fully combined.
**NOTES**
Approximate nutrition information per serving:
1 Chicken thigh: 401 calories, 27g fat, 1g net carbs, 37g protein
1/2 cup
Caprese salad: 100 calories, 9g fat, 1.5g net carbs, 4g protein

**Nutrition**
Serving Size: 1 chicken thigh
Calories: 401
Fat: 27g
Carbohydrates: 1g net
Protein: 37g
Find it online: <https://www.ibreatheimhungry.com/2014/08/pesto-stuffed-chicken-thighs.html>