

Stuffed Spinach and Mozzarella Chicken

Printer-Friendly Version

Ingredients:

3 large boneless skinless chicken breasts (butterflied to make 6 pieces)

1 cup Italian style bread crumbs (optional)

6 TBSP. grated Parmesan cheese, divided

4-5 oz. fresh baby spinach

1 garlic clove, minced

2-3 tsp. olive oil

½ cup part-skim Ricotta cheese

2 egg whites, beaten

Mozzarella cheese, shredded

Marinara sauce

Fresh basil, for garnish

Directions:

Preheat the oven to 450 degrees and spray the bottom of a baking dish with a nonstick cooking spray; set aside.

For the Chicken:

Butterfly the 3 original large pieces of chicken so that you're now left with 6 thinner pieces. After that, pound the pieces flatter, so that the surface area expands some more. Place the bread crumbs and 3 TBSP. of Parmesan cheese into a shallow dish; set aside. In another shallow dish, whisk together the egg whites.

For the Filling:

Chop the spinach into small pieces and place into a skillet with the olive oil and the garlic. Saute the ingredients together, over a medium heat, until the spinach leaves begin to wilt.

In a small bowl, add the ricotta cheese, the remaining Parmesan cheese, and the prepared spinach. Now, stir the ingredients around until well combined.

To Prepare the Chicken:

Place a piece of chicken onto a flat work surface and add on a spoonful of the ricotta mixture. Make sure to place it in the center of the chicken piece. After that step is complete, roll up the chicken so that the edges meet and form a seam. (A toothpick might be helpful to keep the chicken closed) Now, dip the chicken in the egg whites and then roll in the bread crumbs. (Remember, this step is optional. If you would rather not have the bread crumbs, just skip this step.) Once the chicken roll is ready, place it into the prepared baking dish and repeat the process with the remaining pieces. Bake for 25 minutes.

Once the chicken is done baking, meaning that it looks a little brown on the top, and white in the middle, it's time to remove the dish from the oven. Add on some marinara sauce and a little mozzarella cheese and then place back into the oven for another 5 minutes or until the cheese has melted. Once ready, remove from the oven and garnish with a little basil. Enjoy!

