

Greek Chicken Roulade

Serving Size: 1 breast half

Serves: 6

Ingredients

¾ cup low fat shredded mozzarella
¼ cup feta cheese, crumbled
¼ cup sun dried tomatoes, cut julienne
2 ½ tablespoons fresh basil, chiffonade
4 jumbo Kalamata olives, pitted, drained and diced
1 pound fresh spinach
1 tablespoon extra virgin olive oil
1 lemon
6 boneless chicken breast halves
3 tablespoons extra virgin olive oil
¼ small onion, diced
¼ cup fresh fennel, cut julienne
½ cup white wine
½ cup fat free half and half
a pinch of salt
½ teaspoon ground black pepper
fresh parsley for garnish

Directions

Combine the mozzarella and feta. Add the sun dried tomatoes, basil and olives.

Reserve in the refrigerator.

Sauté the spinach in 1 tablespoon olive oil until wilted. Add juice of one lemon and reserve.

Place chicken breasts between two layers of plastic wrap and pound to 1/8 inch thickness.

Remove the plastic. Add a thin layer of spinach to each breast. Next layer the cheese mixture on each breast. Roll the chicken breasts up tightly, pressing the ends together and making sure that they completely overlap on the bottom.

Heat a sauté pan. Add the oil and sear the stuffed chicken seam side down for 30 – 40 seconds or until golden brown. Carefully turn to brown the top side.

Bake the chicken in a 350 degree oven for 12 minutes or until a minimum internal temperature of 165 degrees. Reserve warm.

Combine the onion and fennel in the pan used to brown the chicken. Add the wine and reduce to half volume. Then add the half & half, salt and pepper. Heat to serving temperature.

Slice the chicken on a bias and cover each chicken roulade with a light coat of the wine sauce. Garnish with fresh parsley and serve with Mushroom Risotto.

Exchanges per serving:

4 Lean Meats, 2 Vegetables, 1 Fat

Nutrients per serving:

Calories: 331

Calories from fat: 138

Total Fat: 16g

Saturated Fat: 5g

Cholesterol: 85mg

Sodium: 421mg

Carbohydrate: 8g

Dietary Fiber: 2g

Protein: 36g