

# Spinach Stuffed Chicken with Lemon Sauce

Serving Size: 1/4 of recipe

Serves: 4

## Ingredients

2 tablespoons extra virgin olive oil  
½ medium onion, diced  
1 poblano pepper, diced  
2 – 1oz slices prosciutto (or extra lean ham, low sodium), cut in half to make 4 pieces  
1 clove garlic, minced  
¼ cup sun-dried tomatoes, julienned  
2 tablespoons parsley, finely chopped  
2 cups fresh spinach  
½ cup part skim mozzarella cheese, grated  
4 – 5oz boneless skinless chicken breasts  
1 tablespoon unsalted butter  
1 clove garlic, minced  
1 teaspoon flour  
½ cup low sodium vegetable broth  
½ cup half and half  
Juice of one lemon  
Pinch of salt and coarse ground black pepper  
Pinch of cayenne pepper  
Parsley for garnish

## Directions

In a medium skillet, sauté the onion, and poblano pepper in the olive oil for one minute. Stir in the ham, garlic, tomatoes, and parsley and sauté until the onions and peppers are softened. Add the spinach and sauté until wilted. Transfer to a mixing bowl, add the cheese and stir to blend. Set aside.

Lay each chicken breast out flat on a cutting board. Make a vertical cut all the way through each breast. Coat a shallow baking dish with cooking spray and divide the spinach mixture into 4 equal mounds. Place the chicken breast on top of each measure of filling and shape it around the filling. Bake in a 350 degree oven for 20 minutes until the chicken is done.

While the chicken is in the oven, prepare the sauce. In a medium sauce pan, melt the butter. Add the garlic and sauté 1 minute. Stir in the flour until it is absorbed. Stir in the broth and continue stirring until smooth. Stir in the half and half continuing to stir. Add the lemon juice and the spices to taste. Plate the chicken, add 2 tablespoons of sauce and garnish with fresh parsley.

## Exchanges per serving:

5 Lean Meats, 2 Vegetables, 1 Fat

## Nutrients per serving:

Calories: 373

Calories from fat: 160

Total Fat: 18g

Cholesterol: 116mg

Sodium: 456mg

Sodium: 456mg

Total Carbohydrate: 11g

Dietary Fiber: 2g

Protein: 41g