

Easy Stuffed Rolled Chicken

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Servings: 4

nonstick cooking spray
4 four-ounce boneless/ skinless
chicken breasts, flattened to 1/4-inch
1/2 teaspoon coarse salt, divided
freshly ground black pepper
4 pieces bacon
12 ounces spinach, stemmed
4 ounces cream cheese, softened
1/4 cup Parmesan cheese, grated
2 egg whites, slightly beaten
1 1/4 cups breadcrumbs (regular or
Italian)
2 cups low-sodium marinara sauce
1 cup mozzarella cheese, shredded

Preheat the oven to 425 degrees.

Spray the bottom of a casserole pan with nonstick spray.

Sprinkle both sides of the chicken with one-half the salt and the pepper.

Place the bacon in a skillet over medium heat. Cook until crisp. Remove the bacon. Reserve one tablespoon of the grease. Set aside 15 to 20 large spinach leaves. Add the remaining spinach to the skillet. Stir until slightly wilted, about 2 minutes. Remove from the heat.

Transfer the wilted spinach into the bowl of a food processor. Add the cream cheese, Parmesan, bacon and remaining salt. Process until just smooth.

Place the reserved spinach on top of the chicken. Place two tablespoons of the spinach mixture on top and spread. Roll up the chicken. Dip in the egg whites and roll in the breadcrumbs. Place seam side down in the prepared pan.

Bake 25 to 30 minutes. Remove from the oven.

Spoon on the marinara sauce and sprinkle with mozzarella. Return to the oven.

Broil for 2 to 3 minutes until the cheese melts.

Per Serving (excluding unknown items): 185 Calories; 15g Fat (69.8% calories from fat); 10g Protein; 4g Carbohydrate; 2g Dietary Fiber; 40mg Cholesterol; 607mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	185	Vitamin B6 (mg):	.2mg
% Calories from Fat:	69.8%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	8.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	15g	Folacin (mcg):	170mcg
Saturated Fat (g):	8g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	40mg	% Refused:	0.0%
Carbohydrate (g):	4g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	10g	Lean Meat:	1
Sodium (mg):	607mg	Vegetable:	1/2
Potassium (mg):	568mg	Fruit:	0
Calcium (mg):	179mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	2 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	26mg		
Vitamin A (i.u.):	6151IU		
Vitamin A (r.e.):	703RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 185 **Calories from Fat:** 129

% Daily Values*

Total Fat 15g	23%
Saturated Fat 8g	42%
Cholesterol 40mg	13%
Sodium 607mg	25%
Total Carbohydrates 4g	1%
Dietary Fiber 2g	9%
Protein 10g	

Vitamin A	123%
Vitamin C	43%
Calcium	18%
Iron	15%

* Percent Daily Values are based on a 2000 calorie diet.