

Chicken

Smothered Italian Chicken

Taste of Home Simple & delicious - August 2011

Servings: 4

Preparation Time: 15 minutes

Bake Time: 20 minutes

22 fire-roasted tomato Triscuits, crushed

3/4 cup garlic-herb mayonnaise

3 tablespoons garlic-herb mayonnaise (additional)

4 6-ounce boneless skinless chicken breast halves

4 cups fresh baby spinach

4 slices part-skim mozzarella cheese

dash pepper

Preheat oven to 375 degrees.

Place the crushed crackers and 3/4 cup of the mayonnaise in separate shallow bowls.

Dip the chicken in the mayonnaise and then coat with the crackers.

Transfer to a greased 13x9-inch baking dish.

Bake, uncovered, for 20 to 25 minutes or until no longer pink.

In a large microwave-safe bowl, combine the spinach and remaining mayonnaise.

Microwave on high for 30 to 40 seconds or just until the spinach is wilted.

Spoon the spinach mixture over the chicken. Top each breast with a cheese slice.

Bake 5 to 7 minutes longer or until the cheese is melted.

Sprinkle with pepper.

Per Serving (excluding unknown items): 187 Calories; 2g Fat (10.8% calories from fat); 39g Protein; 0g Carbohydrate; 0g Dietary Fiber; 99mg Cholesterol; 111mg Sodium. Exchanges: 5 1/2 Lean Meat.