

Chicken

Spinach and Blue Cheese Chicken

Cooking Light

Servings: 4

If you like Blue Cheese

2 tablespoons olive oil

3 cups baby spinach

1 clove garlic, minced

1/4 cup blue cheese

1 tablespoon all-purpose flour

1 ounce prosciutto ham, chopped

4 6-ounce boneless/skinless chicken breasts

wooden toothpicks

1/4 teaspoon salt

1/4 teaspoon black pepper

Preheat oven to 350 degrees.

Heat a large ovenproof skillet over medium-high heat. Add olive oil. add spinach and garlic and saute' for 2 minutes.

Combine spinach, blue cheese, flour and prosciutto.

Cut a 1-inch-wide slit into the thick end of each chicken breast and carefully cut down to center of chicken to form a pocket.

Divide spinach mixture evenly among pockets. Secure with toothpicks. Sprinkle chicken with 1/4 teaspoon each of salt and pepper.

Heat skillet over medium-high heat; coat pan with cooking spray. Add chicken; saute' 4 minutes. Turn chicken over.

Place skillet in oven. Bake for 12 minutes; let stand for 5 minutes.

Per Serving (excluding unknown items): 93 Calories; 9g Fat (84.0% calories from fat); 2g Protein; 2g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 232mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.