

SPINACH-STUFFED CHICKEN

SOURCE: TASTE OF HOME'S LIGHT & TASTY PREMIERE ISSUE (Mary Jones, St Louis MO)

Cook/Prep Time: less than 1 hour

INGREDIENTS:

6 C torn fresh spinach (5 oz)	1/2 C chopped onion
1/2 C chopped fresh mushrooms	1 garlic clove, minced
1 TBS olive or canola oil	1/2 tsp dried oregano
1/2 tsp salt	1/4 tsp pepper
6 boneless skinless chicken breast halves (1 1/2 lbs)	
1/2 C dried bread crumbs	3 TBS grated Parmesan
1/2 tsp paprika	1/4 C egg substitute
2 TBS butter or stick margarine, melted	1 TBS water
Non-stick cooking spray	

DIRECTIONS:

In large non-stick skillet, cook spinach in 1/2" water over medium heat till just wilted (about 2 minutes) - drain/set aside. In same skillet, sauté onion, mushrooms & garlic in oil till tender - stir in seasonings - add spinach & set aside.

Flatten chicken to 1/4" thickness - spread spinach mixture down center of each chicken breast - fold 1 side over filling and roll up tightly - secure with toothpick. In shallow bowl, combine breadcrumbs, Parmesan & paprika. In another bowl, combine egg substitute & water. Dip each roll-up in egg mixture, then roll in crumb mixture. Place, seam-side down, in 13x9x2" baking pan coated with non-stick cooking spray - drizzle with butter - bake 20-25 minutes, uncovered, at 350° F or till juices run clear. Discard toothpicks - serve.

Servings: 6

[per serving: calories: 260; protein: 32g; carbohydrates: 11g; total fat: 9g; saturated fat: 4g; cholesterol: 78mg; sodium: 497mg; fiber: 1g - Diabetic Exchanges: 4 lean meat; 1/2 starch]