

Spinach Stuffed Chicken

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 20 minutes

Serves: 4

CChints: Zest the lemon first with a microplane and set the zest aside. A microplane is a handy tool to have in your kitchen. Roll the lemon on your work surface to get the juices flowing before you cut into it. Juice from half lemon is about 2 tablespoons.



2 tablespoons olive oil, divided in half
2 cloves, minced garlic, fresh or from a jar
10 ounce pkg. chopped, frozen spinach, thawed and squeezed dry
10 sun-dried tomatoes, packed in oil, drained, diced (Save the oil for another use later, refrigerate)
2 teaspoon each salt and pepper
1/4 teaspoon dried thyme
1/2 teaspoon dried basil
1/4 cup goat cheese
3 ounce package of reduced-fat cream cheese or about half of an 8oz. package
4 boneless, skinless chicken breasts
1/2 teaspoon salt and a sprinkle of pepper
14 ounce can low-fat, low sodium chicken broth
Zest from 1/2 a lemon
Side dish can be mashed potatoes or corn, acorn squash, etc.

Heat 1 tablespoon olive oil in a medium sauté pan over medium heat. Stir in garlic and cook, stirring, about 1 minute. Add the spinach through the basil to the pan and cook about 2 minutes. Pour this mixture into a medium bowl and set aside. Add the goat cheese and cream cheese to the bowl quickly so the warm mixture will blend well with both cheeses.

Wash the chicken and pat them dry. Use a sharp knife to cut a slit into the breast to make a pocket but still leave a hinge on one side. Take about 1/4 of the stuffing and place it inside each breast. Try not to make a mound, flatten the mixture out evenly through the pocket.

Start your side dish now. Depending on what you select, try to time it so that this dish and your chicken are ready at the same time.

Heat the last 1 tablespoon of olive oil in a large, approx. 11", skillet on medium high heat. If you have a cast iron skillet, now is the time to use it. Salt and pepper the chicken and place them in the hot skillet. Cook until golden brown on each side, about 5 minutes each side. Cover the skillet during the last 5 minutes to keep the chicken moist and turn the heat down to medium.

While these are cooking, combine the chicken broth and lemon zest in a small bowl. When the chicken is done, take it out of the skillet and put on a plate and cover with foil to keep warm. Add the chicken broth mixture to the skillet and scrape the brown bits off the bottom and the broth simmers. Turn the heat down to medium and in about 8 minutes the broth will have reduce by half. In these 8 minutes get your table set and do a little cleaning up.

Place one piece of chicken each plate and top with sauce, yum! Serve with a side dish (s)