



Ricotta, Spinach, and Sun-Dried Tomato-Stuffed Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black divided
- 1.5 teaspoons olive oil extravirgin
- 0.7 cup ricotta cheese fat-free
- 4 garlic cloves minced
- 0.5 cup onion finely chopped
- 1.5 teaspoons oregano dried
- 1 ounce parmesan cheese grated

- 3 ounces part-skim mozzarella cheese shredded
- 0.5 teaspoon salt divided
- 24 ounce chicken breast halves boneless skinless
- 10 ounce pkt spinach frozen dry thawed drained chopped
- 10 sun-dried tomatoes packed
- 2 cups water boiling
- 3 quarts water

Equipment

- bowl
- frying pan
- pot
- plastic wrap
- meat tenderizer

Directions

- Combine boiling water and sun-dried tomatoes in a bowl; let stand 30 minutes or until soft.
- Drain and chop.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion, oregano, and garlic; cook 3 minutes or until onion is tender, stirring occasionally.
- Add spinach; cook 3 minutes or until liquid almost evaporates.
- Add tomatoes; cook 1 minute.
- Place spinach mixture in a bowl; cool 5 minutes. Stir in cheeses, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- Slice each breast half lengthwise, cutting to, but not through, other side. Open halves, laying breast flat.
- Place each breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- Sprinkle chicken with remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper.

- Divide spinach mixture into 4 equal portions; spoon each down center of each breast half, leaving a 1/2-inch border at each end. Fold breast sides over filling.
- Place a 2-foot-long sheet of heavy-duty plastic wrap on a work surface with 1 long side hanging over the counter's edge by 2 inches.
- Place a stuffed breast half, seam side down, on the end farthest from you, and tightly roll the chicken toward you, jelly-roll fashion. Twist the ends in opposite directions to form a cylinder. Tie plastic wrap in tight knots against the chicken on each end. Trim off excess wrap close to the knots.
- Place a second 2-foot-long sheet of heavy-duty plastic wrap on the work surface; place rolled chicken on wrap, and repeat procedure. Repeat with remaining breast halves.
- Bring 3 quarts water to a boil in a large stockpot; add chicken. Simmer 15 minutes (do not boil), turning occasionally.
- Remove from water, and let stand 10 minutes before unwrapping and cutting into 1/2-inch-thick slices.
- Wine note: In matching this dish with wine, the tomatoes, spinach, garlic, and cheeses are more important factors than the mild-flavored chicken. A terrific match for this savory lineup is the famous Italian light red wine Chianti Classico, especially riservas. Great producers include Querciabella, Ruffino, and Antinori. –Karen MacNeil

Nutrition Facts

PROTEIN 55.3% **FAT 29.37%** **CARBS 15.33%**

Properties

Glycemic Index:31, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:37.935651810273%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 372.04kcal (18.6%), Fat: 11.9g (18.31%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 10.56g (3.84%), Sugar: 4.81g (5.34%), Cholesterol: 135.2mg (45.07%), Sodium: 887.44mg (38.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.42g (100.83%), Vitamin K: 272.5µg (259.53%), Vitamin A: 8583.08IU (171.66%), Vitamin B3: 18.66mg (93.31%), Selenium: 65.07µg (92.95%), Vitamin B6: 1.5mg (75.13%),

Phosphorus: 564.81mg (56.48%), Calcium: 447.55mg (44.76%), Manganese: 0.75mg (37.75%), Potassium: 1129.4mg (32.27%), Magnesium: 127.73mg (31.93%), Folate: 121µg (30.25%), Vitamin B5: 2.69mg (26.86%), Vitamin B2: 0.46mg (26.77%), Copper: 0.38mg (19.15%), Vitamin E: 2.81mg (18.7%), Zinc: 2.55mg (17%), Iron: 2.89mg (16.08%), Vitamin B1: 0.22mg (14.95%), Fiber: 3.42g (13.69%), Vitamin C: 10.33mg (12.52%), Vitamin B12: 0.61µg (10.17%), Vitamin D: 0.27µg (1.8%)