

Spinach & Artichoke Stuffed Chicken



This lightened up stuffed chicken recipe packs in all the flavor of cheesy spinach & artichoke dip for a quick weeknight dinner with a fun presentation!

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 50 MIN
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INGREDIENTS

For the Stuffed Chicken:

1½ lb	Chicken Breast, boneless, skinless
2 cups	Baby Spinach, roughly chopped
½ cup	Artichokes, canned, drained and rinsed, roughly chopped
3 cloves	Garlic, minced
¼ cup+2 Tbsp	Greek Yogurt, plain, nonfat
2 Tbsp	Parmesan Cheese, grated
¼ cup	Feta Cheese, crumbled

For the Topping:

2 Tbsp	Greek Yogurt, plain, nonfat
½ tsp	Italian Seasoning
¼ tsp	Kosher Salt
¼ tsp	Garlic Powder
¼ tsp	Paprika
To Taste	Black Pepper
2 Tbsp	Parmesan Cheese, grated

CHEF'S NOTES

Pounding out chicken is great for when rolling up chicken around a filling or when creating breaded cutlets.

Pounding creates chicken pieces that are even in thickness, which allows for more even cooking. When chicken is pounded to an even thickness, the piece can retain moisture during the cooking process. Additionally, the pounding helps break apart the muscle fibers which tenderizes the meat. Don't have a meat mallet at home? You can use a rolling pin, empty bottle, or the bottom of a heavy pan.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F. Line a sheet tray with parchment paper or foil and spray with non-stick cooking spray. Set aside.
2. Prepare chicken for stuffing by cutting each breast in half lengthwise to create two thinner cutlets. Use your hand to hold the chicken breast in place on your cutting board by placing your hand flat on top, being careful to keep fingers out of the way. Make a cut horizontally starting at the thickest point and continue to cut the breast evenly until you have two thinner pieces.
3. Cover your cutting board with a piece of plastic wrap, add one or two cutlets at a time and top with another piece of plastic wrap. Using the smooth side of a meat mallet, start in the center and working out towards the edge to pound the chicken out to create thin, even pieces about ¼ inch thick.

4. Create the stuffing mixture by combining the chopped spinach, artichokes, garlic, ¼ cup + 2 Tbsp Greek yogurt, 2 Tbsp parmesan cheese, and feta cheese in a small bowl.
5. Add about 2 to 3 Tbsp of the filling mixture in an even layer to each chicken piece. The amount used for each piece will depend on their size. Starting at the thinner end, roll the chicken up to secure the filling inside. Place each piece, seam side down, on the prepared sheet tray.
6. In a small bowl, combine the topping ingredients: 2 Tbsp Greek Yogurt, salt, pepper, garlic powder, Italian seasoning, and paprika.
7. Brush each piece of chicken with about 1 tsp of the seasoned yogurt then sprinkle with 1 tsp of parmesan cheese.
8. Bake until the internal temperature reaches 165°F, about 20 to 30 minutes depending on size of your rolls. Allow to rest for a few minutes before serving.

Nutrition Facts	
6 servings per container	
Serving size 4 oz stuffed chicken (178g)	
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 90mg	30%
Sodium 340mg	15%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 30g	60%
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 0.9mg	6%
Potassium 430mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK

