

# 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!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>20 MIN</b>	<b>TOTAL TIME</b> <b>50 MIN</b>
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## INGREDIENTS

*For the Stuffed Chicken:*

1 ½ 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
¼ tsp	Kosher Salt
To Taste	Black Pepper
¼ tsp	Garlic Powder
½ tsp	Italian Seasoning
¼ tsp	Paprika
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 and line a sheet tray with parchment paper or foil.
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 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.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	<b>4oz Stuffed Chicken (162 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
	<b>% Daily Value *</b>
<b>Total Fat 4g</b>	<b>5%</b>
Saturated Fat 1g	<b>6%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol 90mg</b>	<b>29%</b>
<b>Sodium 330mg</b>	<b>15%</b>
<b>Total Carbohydrate 3g</b>	<b>0%</b>
Dietary Fiber less than 1g	<b>2%</b>
Total Sugars less than 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 30g</b>	<b>61%</b>
Vitamin D 0.04mcg	0%
Calcium 80mg	6%
Iron 0.53mg	3%
Potassium 400mg	9%
*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.	

