

## **Spinach-Stuffed Chicken Breast; YIELD 4 SERVINGS**

4 4 oz. skinned, boneless chicken breasts	
1 10oz. bag of fresh spinach	2 TBS dried tomato bits
¼ cup water	2 TBS pine nuts, roasted
¼ tsp salt	½ tsp dried basil, divided
½ tsp pepper	cooking spray
2 garlic cloves, minced	
1/3 cup dry white wine (or white vinegar)	

Place chicken breasts between two sheets of plastic wrap or in a zip-lock bag and flatten to ¼ inch using a meat mallet or rolling pin. Set aside.

Trim and chop spinach, place in large nonstick skillet over med-high heat. Add water, salt and pepper; bring to a boil. Cook 7 minutes or until spinach wilts, stirring occasionally. Remove from heat; stir in tomatoes, pine nuts, and ¼ tsp basil.

Divide spinach mixture evenly among chicken breasts, spooning mixture onto center of each flattened breast. Roll chicken up lengthwise, tucking ends under, secure chicken with toothpicks.

Coat skillet with spray; place over med-high heat until hot, add chicken and cook 2 minutes per side or until browned. Add white wine and ¼ tsp basil, bring to a boil. Cover, reduce heat and simmer for 20 minutes or until chicken is done. Transfer chicken to serving platter, remove toothpicks and spoon pan drippings over chicken.

### **PER SERVING:**

Calories: 175

Fat 4.3 grams

Protein 29.6 grams

Carbohydrate 5.1 grams

Fiber 3.2 grams

Cholesterol 66 mg

Sodium 322 mg

**3 points per serving**