

# Stuffed Chicken Breasts with Spinach, Ricotta and Gorgonzola

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## Servings: 4

*If you don't like Gorgonzola, try Feta, or a smaller amount (half as much) Parmesan. The chicken can be stuffed earlier in the day but not cooked at all (refrigerate). You can brown the chicken about an hour ahead, then finish the rest of the meal. The sauce is thin, so if you prefer a thicker sauce, add some flour to the saucepan when finishing up the sauce before it's poured onto the chicken.*

### STUFFING:

10 ounces frozen spinach, thawed, drained, squeezed  
1/2 cup ricotta cheese, whole milk or part skim  
1/2 cup gorgonzola cheese, crumbled (not pre-crumbled)  
4 slices bacon, cooked, crumbled  
salt and pepper to taste  
1 large egg

### SAUCE:

2 cups chicken broth, boiled down to one cup  
1/2 cup dry white wine  
1 tablespoon Dijon mustard  
1/4 cup lemon juice  
salt and pepper to taste  
3 tablespoons Italian parsley, chopped

### CHICKEN:

4 pieces chicken breast half without skin, boneless  
1/4 cup flour  
2 tablespoons vegetable oil  
salt and pepper to taste

1. Preheat oven to 350. For stuffing: combine squeezed spinach, ricotta and gorgonzola and bacon in a medium bowl. Mix well and season to taste with salt and pepper. Add the egg to the mixture and stir to combine.
2. SAUCE: Combine the reduced chicken broth (or use concentrate and make it thicker strength to start with) and wine in a medium saucepan. Bring to a boil and cook down THAT mixture by half. Whisk in the mustard and lemon juice. Season to taste with salt and pepper. Set aside.
3. CHICKEN: trim and pound chicken breasts to an even 1/4 inch thickness. Divide filling evenly among the chicken breasts, spreading it over the center of each. Fold in sides and then roll up chicken. Secure with a skewer. Dredge chicken in flour to coat, shaking off excess. Heat oil in medium skillet over medium heat. Add the chicken and cook, turning occasionally, until browned, about 2 minutes per side.
4. Transfer chicken to a casserole dish and pour the sauce over the top. Cover with lid or foil and bake for 20-30 minutes, or until chicken is cooked through. Serve sprinkled with parsley.

Per Serving (excluding unknown items): 496 Calories; 27g Fat (50.8% calories from fat); 46g Protein; 13g Carbohydrate; 3g Dietary Fiber; 169mg Cholesterol; 1117mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>