

Stuffed Cheesy Spinach Chicken

Nutrition Facts:	
Yield	4
Calories	550
Fat	20 g
Sodium	535 mg

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Ingredients Needed:

4- 3 oz. chicken breast
4 laughing cow light swiss cheese wedges
2 eggs
1 cup raw spinach, chopped
1 tsp. minced basil
4 tsp. parmesan cheese
8 Tbsp. flaxseed
12 toothpicks
Salt and Pepper

Recipe Directions:

- Preheat oven to 375 degrees.
- Pound chicken breast to ½ inch thickness.
- Mix together cheese wedges, spinach, basil, and parmesan cheese.
- Lightly sprinkle salt and pepper on one side of chicken.
- Spread ¼ cheese mixture onto one side of chicken; side with salt and pepper- repeat for remaining.
- Roll up each chicken breast and secure with 2-3 toothpicks.
- Dip chicken into egg batter and roll in flaxseed and place in glass baking dish sprayed with non-stick spray.
- Cook for 30-35 minutes, or until pink is gone.



