

Creamy Spinach Stuffed Chicken Breasts

4 boneless skinless chicken breasts (1 lb)

1 tsp. olive oil

1 ½ cups fresh baby spinach

¼ cup ricotta cheese

1/8 cup white cheddar cheese, grated

Paprika

Salt & pepper

Alfred sauce, if desired

Heat oven to 400°F. Line cookie sheet with foil.

Place a sauté pan over medium heat. When the pan is hot, add oil and cook the spinach for about 3 to 5 minutes until the leaves are slightly wilted.

Stir in ricotta cheese. Mix it together and cook for another 30 to 60 seconds. Remove it from the heat and let it cool.

Place chicken breasts flat on cutting surface. With knife parallel to cutting surface, cut lengthwise slit in each chicken breast, forming a pocket, keeping other 3 sides intact.

Stuff each chicken breast with spinach mixture, pressing edges of each chicken breast to seal as much as possible.

Place chicken breasts on a baking sheet.

Season with salt and pepper to taste. Sprinkle with cheddar cheese and paprika.

Bake 20 to 25 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165°F).

If desired, serve with Alfredo sauce on top.