

SPINACH STUFFED CHICKEN

Time

1hr

Serves

2

Calories (per serving)

171

Carbs (per serving)

8g

Fat (per serving)

3g

Protein (per serving)

28g



Ingredients

- 7 oz (200g) chicken breast boneless, skinless
- 1 tsp salt
- 1/4 tsp pepper
- 3 tbsp fat free chicken broth
- 2 cups spinach
- 1/2 cup mushrooms chopped
- 2 tsp minced garlic
- 1/4 cup shallots
- 2 tbsp cottage cheese
- 2 tsp nutritional yeast

Method

Preheat oven to 400°F (200°C)

Pound chicken breast until very thin. Season with salt and pepper on both sides and set aside.

In a large sauté pan, heat chicken broth and add garlic and shallots. Sauté for 4 minutes then add mushrooms. Cook for about 6 minutes or until the juice from the mushrooms has evaporated.

Add spinach to the pan and cover to wilt. Stir the mix together well and add the cottage cheese and nutritional yeast.

Divide the filling between the chicken breasts, placing it in the center of the chicken. Roll the breast around the filling and place the stuffed breast on a lined sheet pan with the seam on the bottom. Bake the chicken in a for approx. 40-50 minutes. The chicken should have no pink and the juices from the chicken should be clear. Serve while hot.

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Recipe modified from www.hcgchicarecipes.com