

Wapakoneta Family YMCA Recipe Exchange

Recipe: Stuffed Chicken Breasts

From: Linda Watt

Oven Temp: Stovetop Cooking Servings: 4

2 teaspoons olive oil
1/4 cup finely chopped onion
1 clove garlic, finely chopped
1 10oz. Package frozen spinach, thawed & drained
1/2 cup crumbled feta cheese
1 Tablespoon dill
1/4 teaspoon pepper
4 large skinless, boneless chicken breast
1/3 cup dry white wine
1 Tablespoon lemon juice
1/4 teaspoon oregano



In saucepan over medium heat, sauté onion and garlic in oil until soft. Stir in spinach until spinach dries out some. Add feta cheese, dill and pepper. Remove from heat. Pound chicken breasts to 1/4" thick. Divide spinach mixture onto 4 chicken breasts. Roll and secure with toothpicks. Spray skillet with cooking spray. Add chicken breasts and brown on all sides. Add wine, lemon juice and oregano. Cover, simmer 20-30 minutes, basting and turning occasionally.
Great over rice.

Nutrition Information (if available):

Calories: 200

Fat: 5 grams

Protein: 27 grams

Carbs: 4 grams