

Spinach-Artichoke Stuffed Chicken Breasts (Grilled)

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Servings: 4

*4 (8 ounce) boneless/
skinless chicken breasts
1/2 package (5 ounce) soft
garlic-and-herb cheese
1 canned artichoke heart,
chopped
1 1/2 tablespoons chopped
parsley
1 1/2 tablespoons chopped
dill
1 teaspoon lemon zest
2 tablespoons lemon juice
2 tablespoons olive oil
salt (to taste)
pepper (to taste)
2 cups frozen spinach,
thawed and drained*

In a bowl, mash the cheese, artichoke, parsley, dill and lemon zest. Whisk in the lemon juice, olive oil, salt and pepper.

With your knife parallel to the cutting board, slice the chicken breasts in half horizontally without cutting all the way through. Open like a book. Cover with plastic wrap. Pound until 1/2-inch thick.

Season the chicken on both sides with salt and pepper. Brush the pounded chicken with half of the lemon oil mixture. Spoon 1/2 cup of spinach on top of each chicken breast. Spoon 1/4 of the filling on top, leaving a one-inch border around the edges. Roll up the chicken toward the pointy end. Tie with three pieces of kitchen twine. Brush with the remaining lemon oil.

Grill on oiled grates over medium heat, turning, until cooked through, 18 to 20 minutes.

Transfer to a cutting board. Let rest for 5 minutes.

Remove the twine and slice.

Per Serving (excluding unknown items): 84 Calories; 7g Fat (69.6% calories from fat); 3g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 75mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 1 1/2 Fat.