

## Spinach Stuffed Chicken Breasts

### Ingredients:

- 1/2 cup chopped onion
- 3 tablespoons melted butter, divided
- 1 package (10 ounces) frozen spinach, thawed and squeezed dry
- 16 ounces part skim ricotta cheese
- 1 egg, lightly beaten
- 1/4 cup fresh chopped parsley
- 1/2 teaspoon dried leaf oregano
- 1/2 teaspoon dried leaf basil
- ground black or seasoned pepper, to taste
- 6 boneless chicken breast halves
- ground paprika
- parsley sprigs for garnish, if desired

### Preparation:

Sauté onion in 1 tablespoon butter over medium heat until tender, about 10 minutes. Combine with squeezed spinach, cheese, egg, parsley, oregano, basil, pepper, and nutmeg. Mix well. Pound each chicken breast lightly to flatten evenly. Place approximately 2 tablespoons spinach-cheese filling on each chicken breast and roll up. Fasten with string or toothpicks. Place in 1 layer in a glass baking pan. Sprinkle with paprika and drizzle with remaining melted butter. Bake at 350° for 40 to 45 minutes, or until golden brown and chicken is cooked through. Garnish with parsley. Serve with rice, if desired.

Serves 6.