



Spinach and Mushroom Stuffed Chicken Breast

The Spinach and Mushroom Stuffed Chicken Breast is a classic spin on the traditional stuffed breast of chicken recipes. Partnered with a health and flavorful quinoa, brown rice and brussel sprouts blend and finish with a cool, refreshing cucumber salad for a nice contrast. Good Eats for just 622 calories per serving. AJOY!

SPINACH & MUSHROOM STUFFED CHICKEN

TOTAL TIME: 30 Minutes * 2 Servings

Approx. Per Person Cost: \$5.00

INGREDIENTS

2 8oz Boneless Skinless Breast Filet
1/2 Teaspoon Salt
1/2 Teaspoon Pepper
1 Minced Garlic Clove
1 Tablespoon Olive Oil
1/4 Teaspoon Complete Seasoning
1 Large Portobello Mushroom Cap
1/2 Pound Chopped Spinach

1 Cup Shredded Parmesan
1 Pack Microwave Ready Quinoa & Brown Rice
1 Cup Sliced Brussel Sprouts
1/4 Cup Sliced Red Onions
1 Cup Sliced Grape Tomatoes
2 Thinly Sliced Skinless Cucumbers
Fresh Cilantro
1 Cup Roasted Red Pepper Dressing

DIRECTIONS

- 1. Stuffed Chicken** Butterfly chicken breasts, pound to tenderize, season with salt, pepper, complete seasoning, minced garlic, and olive oil. Blend chopped mushrooms, chopped spinach, parmesan cheese, olive oil in bowl. Stuff each breast with mixture. Cook evenly on both sides until done.
- 2. Brussel Sprouts** Thinly slice brussel sprouts. Pan sear in sesame oil with salt and pepper. Prepare quinoa and brown rice per package instructions. Add the roasted brussel sprouts to quinoa.
- 3. Cucumber Salad** In large bowl combine thinly sliced cucumbers, sliced grape tomatoes & red onions. Add freshly chopped cilantro and 1/4 cup roasted red pepper dress. Your meal is hot and ready to serve!

This recipe also works well if you cook the chicken on the grill to give it a nice smokey flavor to the entree!

CALORIES: 622 per serving


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