

Spinach-Stuffed Chicken Breasts

Prep: 15 min. | Total: 50 min.

- 1 cup water
- 6 Tbsp. *Kraft Signature* Roasted Red Pepper with Parmesan Dressing, divided
- 1 pkg. (284 g) spinach leaves, stems removed, chopped
- 1 pkg. (120 g) *Stove Top* Stuffing Mix for Chicken
- 8 small boneless skinless chicken breasts (2 lb.), pounded to 1/4-inch thickness
- 1/2 cup *Kraft* Mozzarella Shreds

1 PREHEAT oven to 350°F. To prepare stuffing, bring water and 2 Tbsp. of the dressing to boil in large skillet on medium-high heat. Stir in stuffing mix, spinach and peppers; cover. Remove from heat. Let stand 5 min. Set aside.

2 PUT 2 chicken breast halves in a large, freezer weight resealable bag. Pound the chicken with the side of a heavy can, rolling pin, or meat mallet until chicken is 1/4 inch thick. Repeat process in the same bag with remaining chicken breasts, 2 at a time.

3 PLACE pounded chicken breasts, smooth-side down, on a cutting board. Spread each chicken breast with 1/8 of the stuffing mixture.

4 ROLL chicken breasts, starting at the narrow end, as tightly as possible around stuffing mixture.

5 PLACE in 13x9-inch baking dish with seam-sides down, as this allows the chicken to hold together nicely. Pour remaining dressing evenly over chicken and bake for 30 min.

6 SPRINKLE with cheese. Bake an additional 5 min. or until cheese is melted and chicken is cooked through (internal temperature 170°F).

Makes 8 servings, 1 stuffed chicken breast each.

Nutrition Per Serving: Calories 213, Total fat 4.9 g, Sodium 453 mg, Carbohydrate 11g, Dietary fiber 0.9g, Protein 30g, Vitamin A 31 %RDI, Vitamin C 20 %RDI, Calcium 10 %RDI, Iron 16 %RDI

