



Mozzarella Stuffed Chicken

To toast the pine nuts, place them in a dry skillet over medium high heat and cook until they start to brown and become fragrant.

To make the filling, saute the shallot and garlic in a skillet with some olive oil until tender. Remove from heat and stir in the spinach, mozzarella and pine nuts. Set aside.

And now we pound the meat. As I mentioned, I'm sure there are better tools to do this that a rubber mallet, but it gets the job done. I placed the breast, one at a time, in a gallon zip loc bag and pounded, pushing out a bit, until the breast was about 1/8 thick.

Once all the breasts are flattened, season with salt and pepper if desired. Working one at a time, spoon about 2-3 Tbsp of filling in the center:

Fold in one of the short sides, then the two long sides (as shown in the upper left photo above). Starting at the folded short end, roll the chicken, keeping the sides tucked in, towards the unfolded end and secure with toothpicks. Brush each rolled breast with olive oil.

Mix the breadcrumbs and parmesan cheese in a bowl and roll each breast until coated. Place seam side down in a shallow baking dish and bake at 400° for about 25 minutes until chicken is tender and no longer pink.

Remove the toothpicks before serving. They may be a little hard to pull out, so feel free to utilize more tools (like a pair of pliers) if needed :)

If you'd like a crispier breading, saute the crumb coated breasts in a skillet with a little oil until browned before baking. These are delicious served as is or you can top with a little marinara or white sauce.

INGREDIENTS

- 6 boneless skinless chicken breast halves
- 1/4 cup shallots, finely chopped
- 1 clove garlic, minced
- 6 oz frozen spinach, thawed, well drained
- 1 cup (4 oz) shredded mozzarella cheese
- 4 Tbsp pine nuts, toasted
- 1/4 cup seasoned fine bread crumbs
- 1/4 cup grated parmesan cheese
- 1 Tbsp olive oil