

Chicken Breasts Stuffed with Spinach and Blue Cheese

Loosely adapted from a recipe in *Fast & Fabulous Chicken Breasts*



A simple pan-fried preparation but with lots of flavor.

SPINACH FILLING:

- 1 tablespoon olive oil
- 2 tablespoons shallot, chopped
- 2 cloves garlic, minced
- 3 cups fresh spinach, baby spinach if possible
- 3 tablespoons blue cheese, crumbled

CHICKEN:

- 4 pieces boneless skinless chicken breast halves
- salt and pepper to taste
- 1/2 cup all-purpose flour
- 2 tablespoons olive oil
- 1/3 cup vermouth, or dry white wine
- 1/2 teaspoon dried thyme
- 2 tablespoons Dijon mustard
- 1 cup chicken broth
- 2 tablespoons unsalted butter, cut into 4 small pieces

Serving Ideas: If you have purchased a big bag of baby spinach, you can serve additional spinach as a side vegetable. Cook the spinach in olive oil with lots of fresh garlic. It will cook in no time, so you can remove the chicken and sauce and cook the spinach in the same pan. Sprinkle with salt and pepper.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

1. Heat 1 T. olive oil in a medium-sized skillet (large enough to hold all the chicken pieces). Add shallots and saute for 2-3 minutes until they've turned translucent. Add garlic and stir while it cooks slightly. Add fresh spinach and cook for 2-3 minutes until spinach has completely wilted. Add crumbled blue cheese and stir gently. Remove spinach to a small bowl and set aside. Do not leave any small spinach pieces in the pan.
2. Trim the chicken pieces of any fat and using a sharp knife cut a pocket in the chicken breast - make the opening about 2 inches long, then use the long blade of the knife to cut the pocket slightly longer at each end, inside the breast meat. Do not puncture the outside of the chicken breast or the filling will leak out. Gently scoop the spinach mixture into the pockets and pinch the edge as best you can to seal in the filling.
3. To the same pan add the additional olive oil and heat to medium. Place flour in a flat plate or pie plate and season with salt and pepper. Dip the chicken breasts into the mixture and add to the pan. Cook the chicken pieces for 2-3 minutes per side until they are well browned. Use a small spatula to gently turn the breasts over. Remove chicken pieces to a heated plate and cover with foil.
4. To the skillet add the wine, stirring to scrape up any browned bits. Add the thyme, mustard and chicken broth and bring to a boil. Simmer for 2-3 minutes to allow the mixture to reduce slightly. Return the chicken pieces to the pan, spooning the juices over the top of each breast. Cook for 5 minutes until the chicken is cooked through, turning the breasts once. Remove chicken to serve, then add the butter to the pan. Do not boil this mixture or it will separate - just allow the butter to melt. Spoon sauce on the top as you serve the chicken breasts.

Per Serving (excluding unknown items): 402 Calories; 20g Fat (47.8% calories from fat); 32g Protein; 16g Carbohydrate; 1g Dietary Fiber; 88mg Cholesterol; 461mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.