

Artichoke Spinach & Thyme Stuffed Chicken Paillards

Camine Pappas / Serves 6-8 / November 2016

INGREDIENTS:

4 boneless chicken breasts, cut in half lengthwise
3 oz full fat cream cheese
1/3 C chopped cooked spinach drained of all moisture
¼ C white onion chopped
1/3 C grated sharp English cheddar
3 large artichoke hearts, from can, chopped
3 cloves garlic, chopped finely
¼ t fresh nutmeg
¼ t salt
1/8 t pepper
2 t fresh thyme
2 T olive oil
Handful fresh flat leaf parsley for garnish



DIRECTIONS:

Combine softened cream cheese, artichoke hearts that have been squeezed to get most of the moisture out, the very, very well drained and squeezed spinach, the cheese, garlic, onion, nutmeg, salt, pepper and thyme in a bowl and stir well. Set aside.

Using a mallet, pound out each half breast until very thin and about 6 inches long. Pat dry.

To assemble, lay out a breast (paillaire) and spread with the artichoke/spinach mixture thickly, dividing the entire mixture evenly among the chicken. Roll the breast up, tuck the end side down and place side by side in a small baking dish with 1 T oil on the bottom. Add a little salt and pepper to the top and the rest of the oil. Bake in a 375 degree F oven for 15 minutes or just until chicken is done. Do not bake too long!

I served it with butternut squash and green beans.

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