

Spinach and Ricotta Stuffed Chicken with Lemon Cream Sauce

July 2014 by Camine Pappas / Serves 2 / Increase as needed

INGREDIENTS:

2 boneless chicken breasts,
about 5 ounces each
(paillard)
¾ C part skim ricotta cheese
1/3 C chopped cooked
spinach – all water squeezed
out!*

2 T pine nuts
3 T grated fresh parmesan cheese
¼ C chopped onion
Salt and pepper
1/3 C fresh squeezed lemon juice
1/3 C cream
1 small Yukon gold potato sliced
¼ small red pepper cut into thin strips
3 T olive oil
1 T butter
4 large basil leaves chopped



DIRECTIONS:

Pat chicken dry. Pound out chicken breasts so they're thin and even all around. Set aside.

In a small pan, heat 1 T oil and sweat the onions until transparent. In a bowl, combine spinach, ricotta, parmesan, pine nuts and then the onion. Stir until well blended. Add salt and pepper to taste.

Now, lay out the paillards and place a spoonful of filling in the center. Roll over and secure opening with toothpicks and salt and pepper outside generously. (We will remove them later.) In another sauté pan heat the remaining 2 T oil until hot. Place the stuffed paillards in the pan and sear quickly on the outside, turning only once or twice. Place the chicken, and the pan inside a 400 degree oven and finish the chicken for about 5 – 6 minutes. Let rest 5 minutes before slicing.

While the chicken cooks: Reheat the pan you sweated the onions in, and add the potatoes and the red pepper, and sauté until the edges of the potatoes are caramelized, about 2 minutes. Turn the heat to medium and salt and pepper well. Then add the lemon juice and let the pan deglaze, about a minute. Then add the cream and lower the heat to low. Stir. Let it cook for about a minute or two, remove from heat, add the chopped basil and the butter. Cover.

To plate, put the potato mixture on the bottom. Remove the chicken and slice lengthwise into large 2 inch slices. Place over the potatoes and cover with the lemon sauce. Garnish with remaining basil.

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**(I used frozen, heated in a dish in the micro for about 3 minutes or so. DO NOT overcook! – Fresh works as well after you wilt in a pan. Be sure and squeeze out all water!)*