

CHICKEN PARMESAN

- 1/2 cup shredded part skim mozzarella
- 1/2 cup part skim ricotta cheese
- 2 cups chopped fresh spinach
- 4 boneless, skinless chicken breasts
- Extra Virgin Olive Oil (for pan searing)
- 4 cups Marinara Sauce
- 1 cup fresh grated Parmesan cheese
- 4 slices provolone cheese

Preheat oven to 375 degrees.

Heat the marinara in a sauce pan. Cover and keep warm.

In a bowl, mix together the ricotta, mozzarella and spinach. Set aside.

Using a sharp paring knife, cut a deep pocket into the long side of each chicken breast. Stuff each breast with as much of the cheese mixture as they will hold. Season each breast lightly with salt and pepper.

Heat 2 tablespoons of extra virgin olive oil in an oven proof non-stick saute pan. (If your pan has a plastic handle wrap it in a few layers of foil.) Sear the stuffed chicken breasts for two minutes on each side. Some of the cheese may spill out, so be careful.

Using a spatula instead of tongs will help.

Move the chicken breasts to a holding plate. Add 1 cup of marinara to the bottom of the saute pan. Return chicken breasts to the pan. Ladle a small amount of marinara over each piece, and top with one slice of provolone and grated Parmigiana cheese. Tent the pan with foil. Make sure the foil does not touch the cheese.

Bake at 375 degrees for 20 minutes. Remove the foil, and continue to bake for another 10 minutes, until cheese is browned.



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