

LUNCH OR DINNER — MAIN DISH

Chicken & Spinach Florentine

Makes 6 servings · 1 stuffed breast each

SATIETY SCORE 5 / 5	NUTRITION HIGH
Per serving (approx.): Protein 35 g · Fiber 2 g · Calories 320	

Ingredients

- 6 boneless, skinless chicken breast halves
- 1–2 tsp olive oil (for the pan)
- 1 tsp garlic, minced
- ½ medium onion, chopped
- 1 package prewashed spinach salad mix (chopped)
- 1 container cottage cheese
- ¼ cup fresh Parmesan cheese, grated
- 1 egg white
- 1 Tbsp oregano
- 1½ cups mozzarella cheese

Directions

1. Pound the chicken breasts flat between two sheets of wax paper; set aside.
2. Heat the olive oil in a nonstick skillet; sauté the garlic and onion until tender, add the spinach, and cook until well wilted. Set aside to cool.
3. Mix the cottage cheese, Parmesan, egg white, and oregano; stir in the cooled spinach.
4. Place ¼–½ cup of the spinach mixture on each flat breast, sprinkle with a little mozzarella, roll from the pointed end, and place fold-side down in a greased 9×13-inch dish.
5. Sprinkle with the remaining mozzarella and bake at 375°F for 35–40 minutes.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 tsp garlic
- ☐ ½ medium onion
- ☐ 1 package prewashed spinach salad mix ()

MEAT & POULTRY

- ☐ 6 boneless, skinless chicken breast halves

DAIRY & EGGS

- ☐ 1 container cottage cheese
- ☐ ¼ cup fresh Parmesan cheese
- ☐ 1 egg white
- ☐ 1½ cups mozzarella cheese

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Oregano