

HEARTI GRAS Recipe

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SPINACH & RED PEPPER STUFFED CHICKEN



Lake Charles
Memorial Hospital
The Foundation

INGREDIENTS

- 1 ½ lb fresh spinach, sauteed or 510 oz frozen spinach, thawed and squeezed dry
- One 12- ounce jar roasted red peppers, drained, patted dry and chopped
- ½ cup panko breadcrumbs
- ¼ cup grated Parmesan
- ¼ teaspoon smoked paprika
- Kosher salt and freshly ground pepper
- 4 small chicken breasts (about 6 ounce each)
- 2 tablespoon olive

DIRECTIONS

1. Preheat the oven to 425 degrees F.
2. Mix the spinach, breadcrumbs, parmesan cheese, smoked paprika, ¼ teaspoon salt and few grinds of pepper in a small bowl. Set aside
3. Butterfly the chicken holding your knife parallel to the cutting board, slice a breast through the middle, stopping about 2 inch short of the other side. Open the breast up like a book and flatten it with your palm. Place between two pieces of plastic wrap and pound with a meat mallet to a little less than ½ inch thick. Repeat with the remaining breasts.
4. Divide the spinach mixture into portions and place a portion in the center of each breast. Roll the breasts tightly around the filling and secure with kitchen twine. Sprinkle with salt and pepper.
5. Heat the oil in a large oven safe skillet over medium high heat. Add the roll ups and cook until golden brown on all sides, about 6 minutes. Transfer the skillet to the oven and cook until 160 degrees in the center. About 6-8 minutes.
6. Transfer rollup to a cutting board. Cut away twine and slice into 1-inch rounds.