

IN THE KITCHEN WITH



Chicken Rollatini with Spinach alla Parmigiana

- 12 Thin chicken cutlets pounded flat
- 1 Cup panko bread crumbs (19 Carbs divided by 12 isn't so bad)
- 1 Cup grated parmesan cheese
- 1 Cup almond meal or nuts finely chopped
- 3 Eggs beaten
- 1 Cup milk
- 1 Package of frozen spinach, squeezed dry of any liquid
- 1 Jar of sundried tomatoes in oil, drained and diced (optional add in- please add to grocery list)
- Italian parsley (optional add in- please add to grocery list)
- 2 Cloves of minced garlic
- 1 Teaspoon of oregano (optional add in- please add to grocery list)
- 1 Small container ricotta cheese (preferably whole milk)
- 2 Cups mozzarella cheese shredded
- Olive oil non-stick spray
- Your favorite marinara sauce (my preference is Pomodoro Sauce)
- Salt and pepper to taste

Preheat oven to 400

Pour in 1 cup tomato sauce and spread out on the bottom of the baking dish and set aside.

Prepping the Chicken:

I usually buy a large package of chicken breast for this recipe. It is usually 5-6 large breasts per pack and then I slice them in half to make (2) thin cutlets. I then pound each cutlet down so they are a bit thinner which allows me a large surface area to fill with the filling.

Panko Topping:

Combine panko, grated cheese and almonds in one bowl

In another bowl add 2 eggs and milk, beat together to create an egg wash.

Filling:

Combine the ricotta cheese, spinach, sundried tomatoes (optional), parsley, oregano, minced garlic and 1 egg. Stir together until it is all well combined. If you have additional filling, freeze it for next time you make this recipe.

Assembly:

Lay chicken cutlets down on a working surface and spread 2 tbsp of cheese mixture on each cutlet. Loosely roll each one and keep seam side down.

Dip chicken in egg mixture, then in Panko/nut mixture and place seam side down in a baking dish (no toothpicks needed). Repeat with the remaining chicken. When finished, spray with olive oil.

Bake 30-35 minutes (Breading should be browned). Remove from oven, top with sauce then cheese.

Bake until cheese is melted and bubbling, about 3 more minutes.

Serve with a simple side of mixed greens and balsamic drizzle (or nothing at all).

Make this dish your own with some alternative filling Ingredients:

- Sundried Tomatoes, Drained and Diced
- Cauliflower chopped finely in food processor
- Fresh herbs like Parsley, Basil, Oregano
- Go greek: olives, feta, capers, sundried tomatoes