



Pesto Parm Stuffed Chicken



1/2 of recipe (1 stuffed chicken): 287 calories, 13.5g total fat (3g sat. fat), 554mg sodium, 3g carbs, 1g fiber, 1.5g sugars, 37g protein

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Prep: 15 minutes **Cook:** 45 minutes

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Ingredients

1 cup roughly chopped kale
1/4 cup chopped fresh basil
1 tbsp. plus 1 tsp. grated Parmesan cheese
1 tbsp. pine nuts
2 tsp. olive oil
1 tsp. lemon juice
1 tsp. chopped garlic
1/4 tsp. plus 1 dash each salt and black pepper
2 tbsp. light/low-fat ricotta cheese
Two 5-oz. raw boneless skinless chicken breast cutlets, pounded to 1/4-inch thickness

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a small blender or food processor, combine kale, 3 tbsp. basil, 1 tbsp. Parm, pine nuts, oil, lemon juice, garlic, and 1/4 tsp. each salt and pepper. Add 2 1/2 tbsp. water, and blend until uniform.

Transfer to a small bowl. Add ricotta, and stir until uniform.

Season chicken with remaining dash each salt and pepper. Divide pesto mixture between the cutlets. Roll up each cutlet over the filling, and secure with toothpicks if needed.

Place in the baking pan, and sprinkle with remaining 1 tsp. Parm. Cover with foil, and bake for 20 minutes.

Remove foil. Bake until chicken is cooked through, 20 - 25 more minutes.

Serve topped with remaining 1 tbsp. basil.

MAKES 2 SERVINGS

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