



Garlic, Cheese, Spinach Chicken

Info:

Makes 4 Servings 240 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1 Onion, chopped
- ❖ 4 Cloves Garlic, minced
- ❖ ½ Tomato, diced
- ❖ 12 Cups Fresh Spinach (12oz)
- ❖ 2 oz Mozzarella Cheese, part skim
- ❖ 4 Tbsp Parmesan Cheese, Fat Free (fresh!)
- ❖ 1lb Chicken Breast, 4 even servings
- ❖ 1 Tbsp Fat Free Balsamic Vinaigrette Dressing
- ❖ Cooking Spray

Preparation:



1. Preheat oven to 375°
2. Preheat large pot to medium, sauté onions with the vinaigrette dressing about 3-5 minutes
3. Add tomatoes and garlic, mix well
4. Add spinach, cover and cook about 5-10 minutes until spinach is soft
5. Reduce heat to low and uncover
6. Meanwhile place chicken breasts on baking sheet lightly coated with cooking spray and bake 15 minutes
7. When chicken is done, remove from oven and add mozzarella & parmesan cheese to the spinach mixture, mix well
8. After plating the chicken, spoon spinach & cheese mixture on top, serve hot!