

Feta-Stuffed Chicken

4 (4-ounce) skinned, boned chicken breast halves
¼ cup dry breadcrumbs
¼ cup (1 ounce) crumbled feta cheese with basil and tomato
Vegetable cooking spray
1 ½ teaspoons butter, melted
3 cups torn spinach
½ cup chopped fresh basil
1 tablespoon balsamic vinegar
1 teaspoon olive oil
1/8 teaspoon pepper

Preheat oven to 400°. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to ¼-inch thickness, using meat mallet or rolling pin. Dredge chicken in breadcrumbs. Spoon 1 tablespoon cheese onto each piece of chicken; fold chicken in half.

Place folded breast halves in an 8-inch square baking dish coated with cooking spray. Drizzle melted butter over chicken. Bake, uncovered at 400° for 25 minutes or until chicken is done.

Combine spinach and basil in a bowl; drizzle with vinegar and oil. Sprinkle pepper over spinach; toss well. Serve chicken over spinach.

Serves 4, (serving size: 1 chicken breast and ¾ cup spinach). *Per serving: Calories 207; Protein 29.6 g; Fat 6.2 g; Saturated fat 1.9 g; Cholesterol 71 mg; Iron 2.4 mg; Sodium 237 mg; Calcium 114 mg.*

This recipe is from our Cookbook of the Quarter, *Cooking Light Five Star Recipes*, which is 20% off from any Barnes and Noble Bookstore until the end of December.

When I cooked this dish for my husband, he wanted to make sure that this one was going into my recipe file and was not just a one-time experiment. This is not just any chicken dish -- the balsamic vinegar and feta combination provides a robust, flavorful kick to your taste buds. Served with a side dish of brown rice, this makes for a very satisfying meal.

Your Partners in Health,
Candace and Lesley