



Grilled Chicken with Spinach and Melted Mozzarella

Makes 6 servings

Ingredients

24 ounces (3 large) chicken breasts sliced in half lengthwise to make 6
Kosher salt and pepper to taste
1 teaspoon olive oil
3 cloves garlic, crushed

10 ounces frozen spinach, thawed and drained
3 ounces shredded part skim mozzarella
½ cup roasted red pepper, sliced in strips (packed in water)
Olive oil spray

Instructions

1. Preheat oven to 400 degrees.
2. Season chicken with salt and pepper.
3. Lightly spray a grill or grill pan with oil.
4. Cook chicken until no longer pink, about 2 to 3 minutes per side.
5. Heat a skillet over medium heat.
6. Add oil and garlic, sauté about 30 seconds; add spinach, salt and pepper.
7. Cook until heated through, 2 to 3 minutes.
8. Place chicken on a baking sheet, divide spinach evenly among the 6 pieces and place on top.
9. Top each with ½ ounce mozzarella and roasted peppers and bake until melted, about 3 minutes.

Nutrition Facts

Serving size: 1 piece; calories: 195; total fat: 6g; saturated fat: 2g; cholesterol: 91mg; sodium: 183mg; carbohydrates: 3.5g; fiber: 1.5g; sugars: 0.5g; protein: 31g

Source: www.skinnytaste.com

