



Sam Arena

ROLLED CHICKEN BREAST

HERE'S A WONDERFUL NEW RECIPE FEATURING CHICKEN
THE DIETERS PARTNER FOR EFFECTIVE WEIGHT LOSS

INGREDIENTS

- CHICKEN BREAST
- FAT -FREE CREAM CHEESE
- FRESH BABY SPINACH
- LITE HAM
- SCALLIONS
- FRESH BASIL
- GARLIC



1. PUT A PIECE OF PLASTIC WRAP OR A PLASTIC BAG ON TOP OF A HALF-CHICKEN BREAST AND POUND IT UNTIL ARRIVING AT YOUR DESIRED THINNESS.
2. SPREAD A THIN LAYER OF CREAM CHEESE ON THE CHICKEN, SEASON IT WITH SALT AND PEPPER AND-PUT A SLICE OF HAM ON THE CHEESE.
3. IN A SAUTEE PAN WILT THE SPINACH LEAVES WITH A SMALL AMOUNT OF OIL AND CHOPPED GARLIC. ADD THE BASIL AND SPREAD THE SPINACH MIXTURE EVENLY ON THE CHICKEN AND ROLL IT TIGHTLY, YOU CAN USE TOOTH PICKS TO KEEP THE ROLL CLOSED
4. BRUSH THE CHICKEN WITH OIL AND BAKE FOR 25 MINUTES AT 375 DEGREES.
5. IF SERVING AS AN ENTRÉE , ADD A SIMPLE MUSHROOM GRAVY.
6. SAUTEE SOME FRESH, THINLY SLICED MUSHROOMS. COMBINE 1 CAN OF CREAM OF MUSHROOM SOUP WITH 1/2 CUP OF SOUR CREAM ADD 3 TBS. OF FRESH LEMON JUICE.
7. ADD THE SAUTEED MUSHROOMS AND THE JUICE. IF THE SAUCE IS TOO THICK, ADD SOME LOW-FAT MILK.
8. SPOON OVER THE CHICKEN. EVEN WITH THE SAUCE THIS IS A LOW-CAL ENTREE.

Remember K.I.S.S KEEP IT SIMPLE WITH SAM

Buon Appetito !!!!