

Chicken Breasts Florentine

Ingredients:

1 bag (10 oz) triple washed spinach, rinsed (do not dry)

1 garlic clove, minced freshly ground pepper to taste

2 oz cooked lean ham, cut into strips

1/4 tsp dried thyme

4 skinless, boneless chicken breasts halves (4 oz each)

4 tsp olive oil

1/2 cup dry white wine

1/4 tsp salt

Directions: Heat a large nonstick skillet over medium heat. Add spinach, garlic and pepper. Cook, covered until spinach wilts about 2 minutes. Let cool. Squeeze out excess liquid. Stir in ham and pinch of thyme. Cut a long thin pocket into each chicken breast. Stuff spinach mixture into pockets, then press the edges of chicken together and seal closed with toothpicks. In the same skillet, heat oil. Add chicken and brown on each side, turning once or twice. Add wine, salt and remaining thyme; reduce heat to low. Simmer, covered, until chicken is cooked through about 10 minutes. Serve topped with pan juices.

Makes 4 servings @ 4 Points, 5 points plus

