

Stuffed Chicken Breast with Pink Sauce



Boneless chicken breast stuffed with ricotta, fresh spinach, garlic and roasted red bell peppers and topped with a pink sauce

Serves 4

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| 4 boneless, skinless chicken breasts | 1/2c ricotta cheese | salt and pepper |
| 1 shallot, finely minced | 1c fresh spinach, chopped | 1c Marinara sauce |
| 1 garlic clove, finely minced | 3 roasted red bell peppers | 2/3c Alfredo sauce |
| | 1T fresh basil, chopped | parsley, dried, for garnish |

Preheat oven to 350. In small bowl mix together shallot, garlic, ricotta, spinach, red bell peppers, basil and salt and pepper.

At the thickest part of each chicken breast cut a diagonal pocket about 2/3 through the breast but not entirely through the breast. Stuff with a much of the ricotta mixture as will fit.

Place chicken breasts into baking dish sprayed with non~stick cooking spray.

Mix together Marinara and Alfredo sauces and pour over breasts. Garnish with dried parsley.

Bake, uncovered, 25~30 minutes or until chicken is cooked all the way through.

Prepare Ahead Tip

Freeze stuffed breasts before baking. Thaw overnight in refrigerator day before consumption. Allow chicken to sit at room temperature 20 minutes before baking and bake as directed.

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