

SPINACH RICOTTA HASSELBACK CHICKEN

★★★★★

COURSE: MAIN COURSE CUISINE: AMERICAN

KEYWORD: EASY CHICKEN RECIPES, FAMILY FRIENDLY RECIPE

PREP TIME: 10 MINUTES COOK TIME: 25 MINUTES

TOTAL TIME: 35 MINUTES SERVINGS: 2 PEOPLE CALORIES: 259KCAL

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This hasselback chicken is stuffed with a mixture of spinach and ricotta and is a quick and easy low carb dinner meal to make.

INGREDIENTS

- 2 Chicken breast boneless/no skin
- 1 cup Spinach cooked
- 1/2 cup Ricotta cheese
- 1/4 teaspoon Nutmeg
- 1/2 teaspoon Salt
- 1/2 teaspoon Black pepper

TOPPING (OPTIONAL)

- 3 tablespoons Parmesan cheese grated
- 3 tablespoons Cheddar cheese grated

INSTRUCTIONS

1. Preheat the oven to 200C/400F degrees.
2. Using a sharp knife, make slits in the chicken breasts width-wise that are about $\frac{3}{4}$ inches apart, making sure not to cut all the way down through the bottom of the chicken breast.
3. Season the chicken with salt and pepper.
4. In a bowl mix the spinach and ricotta cheese together.
5. Season with nutmeg.
6. Stuff the spinach mixture in the slits of the chicken, filling it with the volume you want (I tend to over stuff things)



7. Sprinkle the grated Parmesan and Cheddar cheese over the stuffed chicken breasts (optional)

8. Place each chicken breast onto a baking tray lined with parchment paper or a greased baking dish.
9. Bake in the preheated oven for 25-30 minutes, or until the chicken is cooked through.
10. Eat and enjoy

NOTES

Serves 2

Nutritional Info per serving: 259 calories, 9.8g Fat, 36.9g Protein, 5.4g Total Carbs, 2.2g Fibre, 3.2g Net Carbs

Any nutritional analysis on the website is based on an estimate, calculated by <http://nutritiondata.self.com> from the individual ingredients in each recipe. Variations may occur for various reasons, including product availability and food preparation. We make no representation or warranty of the accuracy of this information

NUTRITION

Serving: 1 Serving | Calories: 259kcal | Carbohydrates: 5.4g | Protein: 36.9g | Fat: 9.8g | Fiber: 2.2g