
ORGANIC SPINACH & PORTABELLA STUFFED CHICKEN

12	4-5 oz Chicken breast boneless (skin on or off)
2 ounces	Olive oil
1	Onion, medium small dice
1 teaspoon	Garlic, chopped
2 ½ pounds	Organic baby spinach (stems removed)
2 large	Portabella mushrooms (gills & stem removed, dice)
½ teaspoon	Salt
½ teaspoon	Black pepper
½ teaspoon	Nutmeg (shh!, the secret ingredient...not so earthy)
2 ounces	Parmesan Cheese
2 ounces	Bread Crumbs

- Preheat oven 350 degrees
- Pound Chicken breasts to flatten and tenderize –set aside.
- Sauté Onion, Garlic and Portabella mushrooms.
- Add Spinach, Salt & Pepper and Nutmeg, and cook till wilted and moisture is gone.
- Pull off heat and mix in Parmesan Cheese and bread crumbs – Let cool.
- Roll 1-2 ounces mixture in each chicken breast.
- Cook chicken until it reaches 165°
- Serve whole or single cut, and top with Roasted Red Pepper Curry sauce.
- Garnish with fresh herbs.