

# Mozzarella Chicken with Garlic Spinach

**Makes:** 8 Servings

## Ingredients

- 8** chicken breast halves (small, skin and bone removed)
- 1/2 cup** bread crumbs (Italian seasoned, crushed)
- 8 ounces** mozzarella cheese, part skim (shredded)
- 1 tablespoon** canola oil
- 4 cloves** garlic (minced)
- 18 ounces** spinach leaves (two 9-oz packages)

## Directions

1. Preheat oven to 400 degrees F.
2. Place chicken between 2 sheets of plastic wrap; pound chicken to 1/4 inch thick.
3. Coat chicken with bread crumbs and place on foil-covered baking sheet. Discard remaining bread crumbs. Bake 10 minutes.
4. Top chicken with cheese; bake 4-5 minutes until cheese is melted and chicken reaches an internal temperature of 165 degrees F.
5. Meanwhile, heat oil in a large skillet on medium heat. Add garlic and stir 1 minute.
6. Add half the spinach and cook 1 minute.
7. Add remaining spinach. Cook until wilted, turning occasionally. Serve with chicken.

Simple Healthy RecipesONIE Project - Oklahoma Nutrition Information and Education

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	312	
Total Fat	12 g	18%
Protein	41 g	
Carbohydrates	9 g	3%
Dietary Fiber	2 g	8%
Saturated Fat	4 g	20%
Sodium	380 mg	16%

## MyPlate Food Groups

Vegetables	1 1/4 cups
Grains	1/2 ounce
Protein Foods	3 1/2 ounces
Dairy	3/4 cup