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Recipe Title: Baked Chicken Mozzarella Rolls

Recipe Ingredients:

- 2 lbs. boneless skinless chicken breast
- 1 cup whole wheat Italian style bread crumbs
- 6 tablespoons grated Parmesan cheese, divided
- 5 ounces fresh baby spinach
- 1 clove minced garlic and olive oil for sautéing
- 1/2 cup part-skim ricotta cheese
- 1/3 cup beaten egg whites
- 3 ounces fresh mozzarella cheese, thinly sliced

Recipe Instructions:

1. Cut chicken into small, thin cutlet size pieces.
2. Sauté spinach with some olive oil and garlic
3. Mix Ricotta spinach and parmesan for stuffing
4. Place tablespoon full of filling inside chicken and the roll it up.
5. Egg wash the chicken
6. Coat in breadcrumbs
7. Bake at 450 degrees for 25 minutes
8. After 25 minutes place slices on mozzarella on each piece and let back for 2-3 more minutes.