

## **Tuscan Style Stuffed Chicken Breasts**

### **Ingredients**

4 boneless, skinless chicken breasts, butterflied to open like a book  
1/2 cup ricotta  
2 cups fresh spinach or chard  
1/2 cup AP Flour  
2 eggs  
1/2 cup Italian breadcrumbs  
1/4 cup grated Parmesan cheese, divided cheese  
1 sprig fresh thyme, chopped  
1 sprig rosemary, chopped  
Diamond Crystal salt  
Freshly ground black pepper  
Extra virgin olive oil  
Twine for tying  
2 cups of arugula  
1 lemon

### **Method**

Using the smooth side of a meat tenderizer, pound the chicken breast to be thin enough to roll, about 1/4 of an inch. Try doing this with a pound and spread out motion for a more even texture.

In a medium saute pan, place a few teaspoons of olive oil over medium heat. Add the greens, spinach or chard, a few pinches of salt and few grinds of pepper. Cook until wilted and take off the heat.

Set up your breading station. In the first bowl, place the flour and season with salt and pepper. In the second bowl, break the two eggs and whisk until all yellow and in the third place the bread crumbs, half of the Parmesan, rosemary, thyme salt and pepper.

Start to build the chicken breasts. Spread a quarter of the ricotta onto the open chicken breasts, sprinkle some Parmesan and add the sautéed greens. Fold the sides of the chicken inward then roll the chicken breast tightly. Dip in the flour, rolling to coat on all side, then egg and finally in the breadcrumbs mixture. Tie the roll with kitchen string in a few places. so that the filling remains inside.

Preheat the oven to 350 degrees. Prepare a sheet pan with a baking rack and set aside.

In a large sauté pan, add a few tablespoons of olive oil and turn the heat to medium high. Once the oil is hot, carefully place the chicken in the oil and cook until golden brown on each side - 3 to 5 minutes.

Remove the chicken from the pan and place on the rack. Place in the oven for an additional 15-20 minutes or until the chicken reaches 165 degrees. Let the chicken rest for 5 minutes then remove the string and cut the roll into 3-4 slices. Place on the bed of arugula. Squeeze the lemon over the top. Drizzle olive oil and sprinkle salt and pepper on the top. Serve immediately.