

Spinach-Stuffed Chicken Mozzarella Rollups

Adapted from [Pinch of Yum Baked Mozzarella Chicken Rolls](#)

1 pound boneless skinless chicken breasts (2 large breasts)
Ground black pepper, to taste
1 cup Italian style bread crumbs
3 tablespoons grated Parmesan cheese, divided
3 ounces fresh baby spinach (about 4 cups, chopped)
1/2 teaspoon minced garlic
Drizzle of olive oil
1/4 cup plus 2 tablespoons part-skim ricotta cheese
1 egg beaten with 1 tablespoon water
4 slices fresh mozzarella cheese
Spray oil
Marinara sauce, for topping
Fresh basil, ribboned, for topping

Slice the chicken in half lengthwise into 4 pieces. Cover with plastic wrap and pound the pieces with a meat mallet until they are about 1/4 inch thin. Season both sides with ground black pepper, to taste. Add the breadcrumbs to a shallow bowl and mix in half the grated Parmesan cheese. Set all aside.

Drizzle some olive oil into a skillet over medium heat. Add in the spinach and garlic and saute it for just a few minutes until the spinach is wilted. Remove from heat and add the spinach to a bowl.

Add the ricotta, the rest of the Parmesan, and 1 tablespoon of the beaten egg into the bowl with spinach and combine well. Place the rest of the egg in another shallow. Set aside.

Preheat the oven to 450 degrees. Spread 1/4 of the spinach-cheese mixture over each of the chicken pieces. Roll one of them up starting with the narrowest end. Gently dip the entire chicken roll in the egg, then gently roll it in the bread crumbs, patting the crumbs into the chicken. Place in a 2-quart baking dish sprayed with oil, seam side down. Repeat process with the other three pieces. Spray the top of the chicken lightly with oil and place in preheated oven. Bake for 25 minutes.

Remove from oven, then spoon desired amount of marinara sauce over the chicken. Top each piece with a slice of fresh Mozzarella. Place back in oven and bake for another 3 to 5 minutes until cheese is melted. Sprinkle with fresh ribboned basil.