

CHICKEN FLORENTINE



Ingredients:

4	4-6 oz	Chicken Breasts
2	Cups	Fresh Spinach (packed)
½	Cup	Ricotta Cheese
½	Cup	Parmesan Cheese (shredded)
1	Medium	Lemon (juiced & zested)
2	Tablespoons	Butter
		Salt & Pepper to taste

Directions:

1. Chop spinach. Mix with ricotta, parmesan, and juice & zest of lemon. Set aside.
2. Carefully butterfly the chicken breasts. Once all the breasts have been butterflied, season with salt and pepper, place in large Ziploc bag (one at a time) and pound thin.
3. Spread ¼ of cheese/spinach mixture on each breast. Roll tight, securing with toothpicks as needed.
4. Melt butter in saute pan. Brown chicken breasts on all sides and place in a shallow casserole dish. Place in 350° oven and roast for 25 – 30 minutes, or until an internal temperature of 165° is reached. Serve with Hollandaise sauce, if desired.

EASY HOLLANDAISE SAUCE

3	Large	Egg Yolks
1½	Teaspoons	Lemon juice
½	Teaspoon	Salt
¼	Teaspoon	Ground Mustard (dry)
½	Cup	Butter, melted

1. Combine egg yolks, lemon juice, salt & ground mustard in a blender or small food processor. Blend until smooth.
2. With machine running, slowly drizzle in melted butter until emulsified. Transfer to a small saucepan and gently heat on low, stirring constantly for 2-3 minutes.