

Prosciutto Spinach Stuffed Chicken

Printable grocery list · Serves 4

- ☐ 4 boneless, skinless chicken breasts
- ☐ 2 cups baby spinach leaves, lightly steamed or sauteed
- ☐ 1 cup part-skim ricotta cheese
- ☐ 1/2 cup grated parmesan cheese
- ☐ 1 tsp garlic powder
- ☐ 1/2 tsp salt
- ☐ 1/2 tsp pepper
- ☐ 12 thin slices prosciutto (2-3 per breast)
- ☐ Olive oil spray
- ☐ 2 tbsp lemon juice (optional drizzle)
- ☐ Fresh parsley, for garnish (optional)