

JORGE'S RECIPES



Tuscan Spinach Chicken with Sweet Bruschetta **S/C Value = 5/2**

Servings: 4

Chicken:

- 4 chicken breasts
- 4 oz. mozzarella cheese
- 2 oz. Romano cheese
- 8 oz. baby spinach
- 1/2 cup mushrooms, chopped
- 2 cloves garlic, minced
- 2 tsp. oregano
- 1/4 cup extra-virgin olive oil
- Salt and pepper, to taste

Bruschetta:

- 1 tomato, diced
- 5 fresh basil leaves, chopped

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2 garlic cloves, 1 cut in half and the other chopped
1 cup ricotta
2 garlic cloves, 1 cut in half and the other chopped
8 slices baguette, each about 3/4 inch thick
Extra-virgin olive oil
Salt and pepper, to taste

1. For chicken: Place chicken on a flat surface and lay a sheet of saran wrap over the breasts. Pound flat with a mallet. Drizzle each breast in olive oil and season with salt and pepper, to taste. Cook chicken in 2 tablespoons olive oil for 5-8 minutes in a skillet over medium heat. Chicken should be grilled brown and cooked through. Cook spinach in olive oil in skillet over medium heat. Add garlic, mushrooms, and oregano. Layer sautéed spinach over chicken breasts. Top with mozzarella and Romano cheeses. Broil for 3 minutes.

2. For bruschetta: Preheat broiler. In a bowl, mix tomato, basil, and chopped garlic clove. Add salt and pepper, to taste. Halve garlic clove and rub top of bread slice with cut side of a garlic clove. Brush with olive oil. Toast bread slices in oven on baking sheet for 10 minutes, or until just starting to golden. Remove bread from oven and spread an even layer of ricotta on each slice. Return to oven for 5 additional minutes. Remove from oven and top with tomato mixture.

3. Serve each chicken breast with 2 slices of bruschetta.