

Hasselback Chicken with Spinach & Pepper Jack

(adapted from glutenfreemakeover.wordpress.com)

Ingredients:

- 4 skinless boneless chicken breasts
- 6 cups fresh spinach *
- 1-3 garlic cloves, minced (quantity to taste)
- Healthy Delights Cooking Oil, or favorite oil for sautéing
- 4 slices Pepper Jack Cheese
- Salt/pepper to taste

(*original recipe calls for 8 oz frozen spinach thawed & liquid wrung out; here we use fresh spinach & sauté with garlic in flavorful oil)

Directions:

- * Wash & spin or blot dry spinach; sauté with minced garlic in the cooking oil until wilted. Set aside.
- * Make deep slashes across the width of each chicken breast, being careful NOT to cut through the chicken (about 6 slashes in each breast, about ½ inch apart).
- * Stuff each incision with the cooked spinach mixture (about 1/4 of the mixture per breast) and 1 piece of pepper jack cheese broken into pieces. The filling doesn't need to be completely inside the cuts.
- * Place breasts in a 13 x 9 baking dish. Season with salt and pepper to taste.
- * Bake at 350° for 30 minutes or until chicken is thoroughly cooked (can cover with foil for first 15 minutes if desired).