
Athenian Chicken

Servings: 4

4 4 ounce chicken breast, pounded out to 1/4" thickness
olive oil spray
4 teaspoons golden raisins
2 tablespoons Madeira, wine
2 ounces ricotta cheese
1 ounce ham, nitrate free, slivered
4 teaspoons pine nut
1 clove garlic, minced
2 tablespoons fresh basil, minced
pinch cayenne
1 tablespoon lemon juice
3 tablespoons chicken stock
1/2 lemon, juice of
1 cup chicken stock
1/4 teaspoon lemon zest, julienned
1/2 teaspoon cornstarch
2 cups fresh spinach, tightly packed, washed and trimmed
1/4 cup fresh mushroom, thinly sliced
1 clove garlic, minced
vegetable cooking spray
2 tablespoons parmesan cheese, freshly grated

Soak the raisins in the Madeira wine for fifteen minutes.

Combine all ingredients and divide evenly among the four chicken breasts, placing the mixture in the center of each breast.

Roll up the chicken breasts tightly and secure with toothpicks.

Brown the chicken breasts in a skillet sprayed with olive oil flavored nonstick spray.

Add to the chicken:

1 tablespoon lemon juice
3 tablespoons chicken stock

Cover, and let chicken finish cooking over low heat, turning occasionally.
Set the chicken aside, but keep warm.

Sauce:

Juice of 1/2 lemon
1 cup chicken stock
1/4 teaspoon julienned lemon zest
1/2 teaspoon cornstarch

Combine in a small saucepan and cook over medium heat, stirring until slightly thickened. Set aside.

Spinach Base:

Saute the mushrooms and garlic with non stick spray over medium heat until softened, increase heat, toss in spinach and, stirring constantly, cook down until wilted.

Divide this mixture over four plates. Remove toothpicks, slice the chicken breasts into 1/2 inch thick slices and arrange over the spinach. Drizzle with the lemon sauce and dust with parmesan cheese.

Cuisine: Fighting Fat Over 40

Chicken

Per Serving (excluding unknown items): 257 Calories; 13g Fat (48.8% calories from fat); 25g Protein; 7g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 860mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.