

Chicken Florentine

Inspired by a classic, this easy, modern, light-in-calories main dish is healthy and delicious.

Ingredients:

- 4 cups firmly packed baby spinach leaves, stems removed and washed or 1 - 10 oz. package frozen, chopped spinach
- 1 tsp. dried thyme leaves, crushed or fresh equivalent
- 1 tbsp. olive oil
- 2 cloves garlic, peeled and chopped
- ½ cup finely chopped onion
- 1 tbsp. flour
- 1 cup low-sodium chicken broth
- Salt and pepper, optional*
- 4 grilled or roasted chicken breasts, shredded or chopped (about 4 cups chopped)
- 2 lemons, to yield 2 tbsp. grated lemon peel and 4 lemon wedges for garnish

Directions:

Prepare spinach and place in a large skillet over MEDIUM heat and cook, covered, until fresh is wilted or frozen is heated through. Spinach should have a dark, rich green color. Do not overcook, or the spinach will change color. Remove spinach and drain well. In same skillet, heat thyme with oil, garlic, and onion and sauté until onion is transparent. Stir in flour until it disappears. Add broth and stir continuously until a thickened sauce is formed. Return chopped spinach to sauce and mix well. Heat and adjust seasonings, if desired. Stir half the chicken into sauce. To serve, spoon equal amounts in four small casseroles. Top each with equal portions of remaining chicken and ½ tablespoon grated lemon peel. Place in preheated 300° F oven for 10 minutes. Serve piping hot with a lemon wedge.



Nutritional Information

Makes 4 servings.

Per serving:

Calories: 221

Carbohydrates: 9g

Total Fat: 7.1g

Cholesterol: 74mg

Saturated Fat: 1.6g

Dietary Fiber: 3g

% of Calories from Fat: 29%

Sodium: 268mg

Protein: 30g

Recipe Source: <http://www.fruitsandveggiesmorematters.org/>