



HOME CHEF

Spinach and Ricotta Stuffed Chicken Breasts

With Zucchini and Yellow Squash Ribbons



Give ho-hum chicken dinners the heave-ho with this insanely delicious, insanely healthy ricotta and spinach stuffed chicken breast. With a quick swipe of your knife, a simple chicken breast suddenly becomes a delivery vehicle for flavors limited only by your imagination. Fresh garlic-tinged spinach and creamy ricotta blend seamlessly together to give the chicken just the flavor boost it needs. Served alongside tender zucchini and yellow squash ribbons, you won't believe how satisfying a healthy meal can be.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 514
Carbohydrates: 22g
Fat: 19g
Protein: 62g
Sodium: 941mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

The mild taste of ricotta cheese pairs well with the sweetness found in a glass of Chardonnay or Sauvignon Blanc.

INGREDIENTS

3 Garlic Cloves
3 oz. Spinach
3 oz. Grape Tomatoes
2 Oregano Sprigs
1 Zucchini
1 Yellow Squash
2 Chicken Breasts
2 oz. Ricotta Cheese
1 oz. White Cooking Wine
1 tsp. Red Pepper Flakes
1 Tbsp. Butter

WHAT YOU NEED

Olive Oil
Salt
Pepper

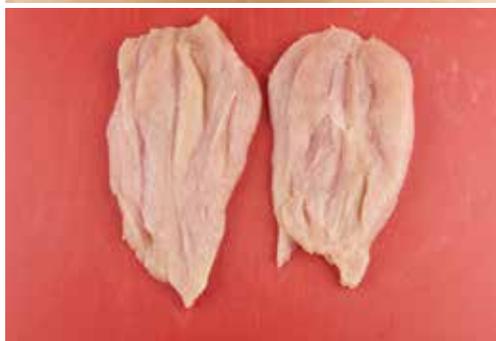
EQUIPMENT

Medium Oven-Safe Pan
Mixing Bowl
Medium Pan

DID YOU KNOW?

Technically, ricotta isn't a real cheese. Ricotta is made from whey, which is the watery part of milk left over after cheese curds are formed. This is what makes ricotta a dairy product—not a cheese. (We still think it's a cheese.)

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Cook the Stuffing

Preheat oven to 425 degrees. Mince **garlic** and divide in half. Rinse **spinach** and pat dry. Place a medium oven-safe pan over medium-high heat. Add ½ tsp. **olive oil** to hot pan. Add half of the garlic and all of the spinach and stir until spinach is wilted. Remove to a mixing bowl and refrigerate. Wipe pan clean and reserve for later step.

Prepare the Ingredients

Thoroughly rinse produce and pat dry. Halve **tomatoes**. Stem and mince **oregano**. Trim ends from **zucchini** and **yellow squash**. Using a peeler, create ribbons of zucchini and yellow squash by peeling lengthwise. When you've peeled to seeds, turn a quarter turn, and peel again. Continue peeling and turning until only seeds remain. Cut **ribbons** in half to create shorter pieces. Discard seeds.

Butterfly the Chicken and Stuff

Rinse **chicken breasts** and pat dry. Lay chicken breasts flat on cutting board and, holding a knife parallel to cutting board, make a slit down the length of the breast that goes ¾ of the way through the middle and open the breast like a book. *This is called "butterflying"*. Season both sides with a pinch of **salt and pepper**. Combine **chilled spinach** with **ricotta** and season with a pinch of **salt and pepper**. Scoop half the filling inside each chicken breast, then "close the book."

Cook the Chicken

Place pan from previous step over medium-high heat and add 1 tsp. **olive oil**. Add **chicken** to pan and brown one side, about 3 minutes. Gently flip chicken and place pan into oven. Roast until a minimum internal temperature of 165 degrees has been reached, about 7-10 minutes. Remove from oven and set aside to rest. *If using a thermometer to test for doneness, make sure you are taking the temperature of the chicken and not the stuffing.*

Cook the Squash and Zucchini Ribbons

While chicken is cooking, place a medium pan over medium-high heat. Add ½ tsp. **olive oil** into hot pan, add **tomatoes**, and cook 2 minutes. Add remaining **garlic** and **white wine** and cook 1 minute. Add **oregano** and **red pepper flakes** (to taste), and then swirl in **butter**. Stir in **zucchini** and **yellow squash** ribbons and cook until warmed through but still slightly crunchy, about 2-3 minutes. Season to taste with a pinch of **salt and pepper**.

Plate the Dish

Divide **squash ribbons** between two plates and pour some **pan sauce** over them. Place **stuffed chicken** on top, and enjoy!