



## Chicken Parmesan Bundles

**Serves:** 6

**Cook Time:** 30 minutes

**Shopping list:**

- 4 oz. Neufchatel Cheese Or Cream cheese

- 10 oz. Thawed, frozen chopped spinach, drained
- 1 1/4 Cups Shredded Part-skim Mozzarella Cheese
- 6 Tbsp. Grated Parmesan Cheese
- 6 Boneless, skinless chicken breasts (double lobe)
- 1 Egg
- 10 Whole Wheat Crackers crushed or ½ cup whole wheat breadcrumbs

***Recipe:***

1. Preheat oven to 375 Degrees.
2. Coat 13 X 9 inch baking dish with nonstick cooking spray.
3. Beat egg in a shallow bowl.
4. Mix 3 Tbsp of Parmesan and cracker crumbs in another shallow bowl.
5. Mix the Neufchatel, spinach, 1 Cup of the Mozzarella and 3 Tbsp of Parmesan until well blended.
6. Spread evenly over breasts. Starting at one of the short ends, roll each breast up tightly.
7. Dip chicken bundle in egg, then crumb mixture.
8. Place seam side down in baking dish.
9. Bake for 30 min. or until chicken is cooked through (165 F internal temp).

***ENJOY!***

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