

# U The Lexingtonienne U

## MEDITERRANEAN STUFFED CHICKEN BREASTS

- 1 chicken breast per person, pounded thin
- 1/2 onion, chopped
- 1-2 cloves of garlic, finely chopped
- 1 bag baby spinach
- 1 roasted red pepper, chopped
- 1/2 small can chopped black olives
- 1/2 C crumbled feta cheese
- salt & pepper to taste
- red pepper flakes to taste
- 1 can condensed cream of mushroom soup (reduced fat, low sodium - any kind will work)

Preheat oven to 400. Saute onion in olive oil until onions are tender. Add spinach, cook down to a sufficiently depressing level. Stir in garlic until heated and fragrant. Remove mixture to mixing bowl. Add roasted red pepper, olives, feta, S&P, and red pepper flakes and combine until thoroughly mixed. Salt & pepper your chicken breasts. Divide mixture evenly among chicken breasts, roll up, and place in baking dish sprayed with cooking spray. Spoon cream of mushroom soup on top. Bake, covered, for 30 minutes, then remove cover and bake about 15 more minutes, or until chicken is firm and sauce is bubbling.

