

Stuffed Chicken Rolls

Ingredients

- 100 grams chicken breast
- 2 cups spinach, chopped
- ½ cup hCG diet approved chicken broth or water
- 1 tablespoon onion, chopped
- 1 clove garlic, crushed and minced
- 1 tablespoon lemon juice
- Dash of garlic powder
- Dash of onion powder
- Salt and pepper to taste
- Cayenne to taste

Directions

1. Tenderize chicken manually by pounding until flat.
2. Cook spinach lightly with garlic, onion, and spices.
3. Strain out excess liquid from the spinach and place mound of spinach in the center of the pounded chicken.
4. Roll up the spinach mixture inside the chicken breast.
5. Place rolls in baking dish and add chicken broth to the pan.
6. Bake the rolls in 350 degree oven for about 15 minutes or until chicken is cooked completely.

Makes 1 serving (1 protein, 1 vegetable)
28 grams protein
3 grams fat
180 calories

PHASE 3 MODIFICATIONS

Brush chicken with olive oil, add marinara sauce, and top with mozzarella cheese if desired. Bake until brown and bubbly. Another modification is to mix the spinach mixture with ricotta cheese or sliced mushrooms.



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