

Chicken Involtini

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



FIVE: Heat tomato sauce in a small saucepan over medium-low until hot throughout, about 15 minutes. Set aside; keep warm.

SIX: Meanwhile, in a large skillet, heat oil over medium-high heat. Place rolls in pan, seam-side-down, and sear on 1 side for 1½ minutes or until golden brown. Rotate rolls and sear on all sides so entire roll is golden brown. Transfer rolls to a baking tray and place in preheated oven for 8 minutes or until a meat thermometer reads 165°F when inserted into breast.

SEVEN: Carefully cut twine from chicken and slice each roll in half on a 45-degree angle. Pour tomato sauce onto bottom of serving platter, arrange chicken involtini on top of sauce, sprinkle with remaining parsley and serve immediately.

THREE: Fold in sides of chicken breast, then, starting with the edge closest to you, roll chicken breast, completely enclosing filling. Repeat with remaining breasts. Secure rolls with kitchen twine.

FOUR: Add flour to a shallow pan or plate. Carefully dredge rolls in flour and shake off any excess.

TWO: Lay chicken breasts on a flat work surface and season with salt and pepper on all sides. In a single layer, pile mushrooms onto the center of each breast, dividing evenly. Top each with 2 tbsp cheese and 1 tsp parsley.

oven and set aside to cool to room temperature. Leave oven on at 350°F.

FOLD LINE

visit cleaneatingmag.com

Clean Eating
magazine

Clean Eating
magazine

CHICKEN INVOLTINI

Serves 4. Makes 4 rolls. Hands-on time: 20 minutes. Total time: 35 minutes.



INGREDIENTS:

- 2 medium portobello mushrooms, thinly sliced
- Olive oil cooking spray
- Sea salt and fresh ground black pepper, to taste
- 4 5-oz boneless, skinless chicken breasts, pounded ⅛-inch thin
- ½ cup shredded low-fat mozzarella cheese
- 2 tbsp finely chopped flat-leaf parsley, divided

- ¼ cup whole-wheat flour
- 1 cup jarred all-natural tomato sauce
- 2 tsp olive oil

INSTRUCTIONS:

ONE: Preheat oven to 350°F. Arrange mushroom slices in a single layer on a parchment-lined baking tray. Mist with cooking spray and season with salt and pepper. Bake for 15 minutes, until mushrooms are softened. Remove from

Nutrients per serving (1 involtini and ¼ cup sauce): Calories: 284, Total Fat: 6 g, Sat. Fat: 2 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 14 g, Fiber: 3 g, Sugars: 4 g, Protein: 42 g, Sodium: 243 mg, Cholesterol: 88 mg

