



## Stuffed chicken with vegetables & lemon-basil pasta

Olive oil cooking spray  
1/2 c. onion, chopped  
1 c. loosely packed spinach, chopped  
3 cloves garlic, minced, divided  
3 Roma tomatoes, seeded, cored, and diced, divided  
2 Tbsp. Ezekiel breadcrumbs  
1/2 lb. Tinkyada brown rice spaghetti  
4 chicken breasts, pounded thin  
4 Tbsp. fresh basil, finely minced  
1 Tbsp. olive oil  
Juice and zest of 1 lemon

Heat a large skillet over medium-high heat for 2 minutes. Mist with cooking spray and add onion, spinach, 1 clove garlic, and 1 tomato. Sauté for 5 minutes or until just cooked. Remove from heat and mix in breadcrumbs. Set aside.

Cook pasta according to package directions.

To stuff chicken, place 1 1/2 to 2 Tbsp. vegetable-breadcrumb mixture in the middle of each piece of chicken. Fold chicken piece over filling and secure with toothpicks.

Heat a large skillet over medium-high heat for 2 minutes. Mist with cooking spray. Place stuffed chicken into pan and cook until golden brown on each side (about 3-4 minutes).

Drain pasta when finished cooking, then put back into pot and toss with basil, oil, lemon juice and zest, and remaining 2 cloves of garlic.

To serve, divide pasta onto plates, top with stuffed chicken breast and garnish each with 1 to 2 Tbsp. remaining tomatoes.

*adapted from Clean Eating*

