

# Blue is Better Recipe (Serves 4)

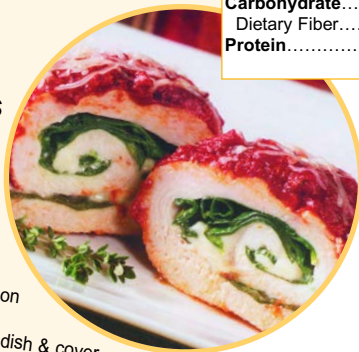
## Chicken Roll-Ups

### Ingredients

- cooking spray
- 2 1/2 c. low-sodium marinara sauce
- 4-4 oz. boneless, skinless chicken breasts
- 4-1 oz. slices of part-skim mozzarella
- 2 c. fresh spinach
- 4 Tbsp. grated Parmesan cheese
- red pepper flakes

### Preparation Instructions

1. Preheat oven to 400°. Spray baking dish with cooking spray & coat the bottom of dish with 1 c. marinara sauce.
2. Place 1 chicken breast between 2 sheets of plastic wrap, roll and pound with a rolling pin until meat is about 1/4" thick. Repeat with remaining chicken.
3. Press 1/2 c. spinach leaves & 1 slice mozzarella on each breast & roll up tightly.
4. Place each chicken roll seam side down in baking dish & cover with remaining marinara. Cover with aluminum foil & bake for 35 minutes. Remove foil & bake for 10 minutes.
5. Garnish with 1 Tbsp. grated Parmesan cheese & red pepper flakes.



### NUTRITION FACTS

#### Serving Size

1 chicken roll

#### Amount Per Serving:

<b>Calories</b> .....	318
Calories from Fat.....	108
<b>Total Fat</b> .....	12 g
Saturated Fat.....	<1 g
<b>Cholesterol</b> .....	88 mg
<b>Sodium</b> .....	819 mg
<b>Carbohydrate</b> .....	12 g
Dietary Fiber.....	3 g
<b>Protein</b> .....	37 g