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Posted on September 8, 2011

Chicken Rioja with Garlicky Spinach

A sweet red bell pepper sauce drapes the chicken in this succulent Spanish dish.

By Diane Welland, MS, RD | Photo: Gregory James, Food Stylist: Jessica Colley

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Serves: 4
Hands-on time: 5 minutes
Total time: 33 minutes

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NOTE:

INGREDIENTS:

- 1 large red bell pepper
- 4 4-oz boneless, skinless chicken breasts
- 1 tsp red wine vinegar
- 2 tsp olive oil
- 4 cloves garlic, minced
- 1/2 medium onion, finely chopped (1/2 cup)
- 1 12-oz bag spinach
- 1 cup packed basil leaves, shredded
- 1/8 tsp sea salt
- 1/4 tsp ground black pepper

INSTRUCTIONS:

1. Preheat oven to 450°F. Place red pepper on a baking sheet and roast in oven for 20 minutes, turning once (some of the skin should turn black). When done, remove from oven and set aside for 5 minutes to cool.
2. Place chicken on another baking sheet and bake for 8 minutes.



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3. Meanwhile, peel and seed red pepper. Then purée with vinegar in a small food processor until smooth. Set aside.
4. Heat oil in a large sauté pan over medium-high heat. Add garlic and onion and sauté for 1 minute. Then add spinach, basil, salt and black pepper, and toss for 2 minutes, until spinach is wilted.
5. To serve, place 3/4 cup spinach mixture on a plate, top with 1 chicken breast and 2 tbsp roasted red pepper sauce.

Nutrients per serving (4 oz chicken, 2 tbsp roasted red pepper sauce, 3/4 cup spinach): Calories: 201, Total Fat: 4 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 13 g, Fiber: 5 g, Sugars: 2 g, Protein: 29 g, Sodium: 271 mg, Cholesterol: 65 mg

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