FLORENTINE CHICKEN ROLLUPS  
Ingredients  
• 1 10-ounce package frozen chopped spinach, thawed and squeezed dry  
• 1/2 cup reduced-fat cream cheese (Neufchâtel), at room temperature, or part-skim ricotta  
• 1/3 cup thinly sliced soft sun-dried tomatoes (see Tips)  
• 1/4 cup finely chopped toasted walnuts (see Tips)  
• 3/4 teaspoon salt, divided  
• 3/4 teaspoon freshly ground pepper, divided  
• 1/8 teaspoon garlic powder  
• 8 4-ounce chicken cutlets (about 2 pounds total; see Tips)  
• 1/2 cup dry white wine  
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Preparation  
1. Preheat oven to 375°F. Coat a 9-by-13-inch (or similar-size 3-quart) baking dish with cooking spray.  
2. Mash spinach, cream cheese (or ricotta), sun-dried tomatoes, walnuts, 1/4 teaspoon each salt and pepper and garlic powder with a fork in a medium bowl until well combined.  
3. Place chicken cutlets on a work surface. Sprinkle both sides with the remaining 1/2 teaspoon each salt and pepper. Place about 2 tablespoons of the spinach mixture in the center of each cutlet. Roll up the chicken around the filling and secure each roll-up with 2 toothpicks; place in the prepared pan. Pour wine around the roll-ups. Cover the pan with foil.  
4. Bake until an instant-read thermometer inserted into the thickest roll registers 165°F, 30 to 40 minutes. Slice with a serrated knife and serve.  
  
  
Nutrition  
Per serving: 212 calories; 9 g fat ( 3 g sat , 2 g mono ); 73 mg cholesterol; 5 g carbohydrates; 0 g added sugars; 26 g protein; 2 g fiber; 402 mg sodium; 424 mg potassium.  
Happy eating!