

Chicken-Parmesan Bundles

Traci Horany

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| 4 oz. cream cheese, softened | 6 small skinless, boneless |
| 1 pkg. frozen chopped spinach, thawed and well drained | chicken breast halves (about 1 ½ lbs., pounded to ¼ inch thick) |
| 1 ½ cups shredded part-skim mozzarella cheese, divided | 1 egg |
| 6 Tbsp. grated Parmesan cheese, divided | 10 Ritz crackers, crushed |
| | 1 ½ cups spaghetti sauce, heated |

Mix cream cheese, spinach, 1 cup mozzarella, and 3 tablespoons Parmesan cheese; spread onto chicken. Roll up tightly, starting at short ends. Secure with toothpicks.

Beat egg in pie plate. Mix remaining Parmesan cheese and cracker crumbs in separate pie plate. Dip chicken in egg then in crumb mixture. Place seam sides down in 9x13-inch baking dish sprayed with cooking spray. Bake at 375° for 30 minutes or until chicken is cooked through. Top with spaghetti sauce and remaining mozzarella cheese. Serve with spaghetti noodles.

Imperial Chicken

Stephanie Collins

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| ½ cup + 2 Tbsp. butter | 1 tsp. salt |
| 2 cloves garlic, minced | Pepper |
| ¾ cup breadcrumbs | 3 chicken breasts |
| ½ cup Parmesan cheese | Juice of 1 lemon |
| 1 ½ tsp. parsley | |

Preheat oven to 350°. Combine butter and garlic. Set aside. Combine breadcrumbs, cheese, parsley, salt and pepper. Stir well. Dip each breast in butter mixture and coat with breadcrumbs. Roll tightly, starting at narrow end, and secure tightly with toothpick. Arrange in baking dish and drizzle with remaining butter and lemon. Bake for 45 to 55 minutes.