

# Spinach-Walnut Stuffed Chicken

For just 300 calories, this hearty yet elegant chicken dish, stuffed with healthy spinach, is one you can savor. The walnut coating is a delicious bonus, because walnuts, in small amounts, are super-healthy, too.

## Ingredients

- 1/2 cup finely chopped onion
- 1/2 cup finely chopped fresh mushrooms
- 1/4 cup finely chopped celery
- 2 garlic cloves, minced
- 2-1/2 teaspoons olive oil
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 4 boneless skinless chicken breast halves (6 ounces each)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 egg white
- 1/4 cup ground walnuts

## Directions

In a small skillet, saute the onion, mushrooms, celery and garlic in oil until tender. Stir in spinach mixture; remove from the heat.

Cut a lengthwise slit through the thickest part of each chicken breast; fill with spinach mixture. Sprinkle with salt and pepper. Place egg white and walnuts in separate shallow bowls. Dip one side of chicken in egg white, then in walnuts.

Place in an 11x7-in. baking dish coated with cooking spray. Bake, uncovered, at 350° for 25-30 minutes or until chicken juices run clear.