

Spinach, Sun-Dried Tomato & Gorgonzola Salad

Serves 4

4oz Baby Spinach

1oz Crumbled Gorgonzola

1oz sun-dried tomatoes reconstituted in hot water and drained

Balsamic Vinaigrette

2oz Balsamic Vinegar

1 T Honey

1T Dijon Mustard

½ t Cracked Black Pepper

1 T Canola Oil

1 T Extra Virgin Olive Oil

In a food processor or blender Balsamic vinegar, honey, Dijon and black pepper. With the blender or food processor on high slowly pour the oils in to emulsify.

Toss salad with desired amount of vinaigrette then sprinkle sun-dried tomatoes and gorgonzola on top.

Ricotta Stuffed Chicken

Serves 4

4 boneless skinless chicken breasts

8oz Skim Milk Ricotta

2 cloves garlic chopped

1oz grated parmesan

1 Egg

Salt and Pepper to Taste

1oz Olive Oil

Cut a pocket in the chicken breast starting at the thick side being careful not to cut through the breast.

Prepare the stuffing by mixing together the ricotta, garlic, parmesan, and egg. Season the mixture to taste with salt and transfer to a pastry bag.

With the pastry bag stuff the chicken then season both sides of the chicken to taste. Heat an oven proof skillet over high heat then brown the chicken on one side in the olive oil. Turn over and finish in a 400°F oven for 10 to 15 minutes or until you have an internal temperature of 165°F. Rest chicken for 5 minutes and serve.