

# Noreen's Kitchen

## Cheesy Chicken Florentine Roll Ups

### Ingredients

6 chicken breast, butterflied & pounded	1 cup water chestnuts, diced
4 tablespoons butter	1/2 teaspoon salt
24 ounces fresh baby spinach	1/2 teaspoon cracked black pepper
1 pound fresh sliced Crimini mushrooms	8 ounces Monterey Jack cheese, shredded
1 cup onion, chopped	Chicken seasoning to taste
3 cloves garlic, minced	

### Step by Step Instructions

Preheat oven to 350 degrees.

Butterfly and lightly pound six boneless skinless chicken breasts or purchase chicken cutlets. Set aside.

Melt butter in a large, heavy bottomed skillet over medium high heat.

Add onion, garlic, water chestnuts and mushrooms to the pan. Toss to coat and allow vegetables to sweat for 8 to 10 minutes until the onions are translucent and the mushrooms are soft. Be sure that the majority of the water has evaporated from the pan.

Add salt and pepper to the vegetables. Stir to combine. Add spinach to the pan, cover and allow to wilt for five minutes.

Give everything a good stir to combine. Remove from heat and place spinach mixture into a bowl and allow to cool for 30 minutes before proceeding.

To construct roll ups: lay a chicken breast on a plate in front of you, pointy end toward you, rounded side away from you. Place 1/4 cup of spinach mixture in the middle of the cutlet. Top with 2 tablespoons of shredded cheese. Gently roll away from you trying to keep the roll as tight as possible. Place the rolled chicken into an awaiting baking dish.

Drain the liquid from the remaining spinach mixture and place the mixture on top of the chicken rolls in the baking dish. Spread evenly on top.

Bake chicken, uncovered for 30 to 45 minutes or until the chicken is no longer pink in the middle. You will have to check by piercing with a knife to be certain. Alternatively you can use a meat thermometer and when the chicken has reached an internal temperature of 160 degrees, you are good to go.

Remove from oven and sprinkle remaining cheese on top. Return to oven for five minutes to melt the cheese.

Remove chicken from oven and allow to sit for 15 minutes before slicing and serving.