



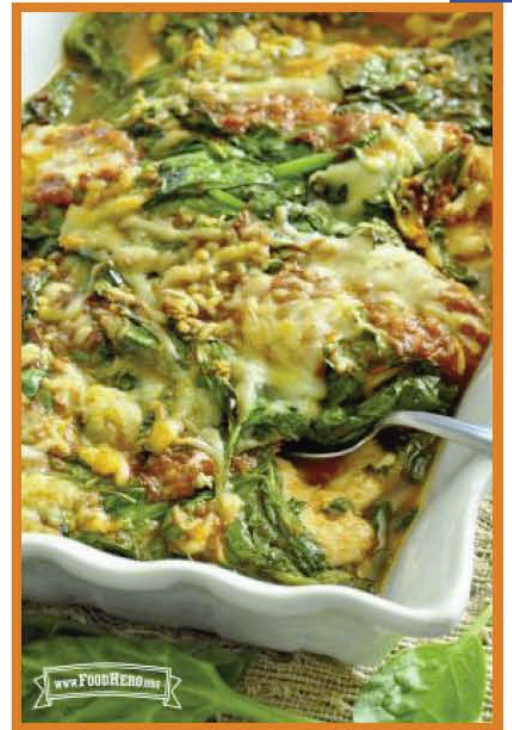
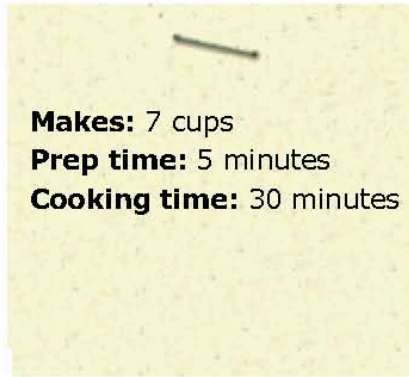
Spinach & Chicken Italian


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Ingredients

- 1 cup **tomato pasta sauce**
- 1 pound **chicken breast** cut or pounded into 1/2-inch thick slices
- 1/4 teaspoon each **salt** and **pepper**
- 1 package **frozen spinach**, thawed and drained or 4 cups fresh **spinach leaves**
- 3/4 cup shredded **mozzarella cheese**

Makes: 7 cups
Prep time: 5 minutes
Cooking time: 30 minutes


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Nutrition Facts

Serving Size 1 cup (144g)
 Servings Per Container 7

Amount Per Serving

Calories 140 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 510mg **21%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 19g

Vitamin A 80% • Vitamin C 6%

Calcium 15% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9g, Carbohydrate 4g, Protein 4g

Directions

1. Preheat oven to 350 degrees.
2. Pour 1/2 cup of pasta sauce in a large baking dish. Sprinkle salt and pepper over chicken and add to the dish. Top with remaining 1/2 cup of pasta sauce, spinach and mozzarella.
3. Bake for 30 to 40 minutes until chicken is no longer pink inside and cheese begins to turn brown.
4. Refrigerate leftovers within 2 hours.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

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