

Chicken Florentine

½ chicken breast butterflied and pounded thin
ground pepper
prosciutto
roasted tomatoes
shredded asiago
spinach

place prosciutto, tomatoes, asiago and spinach on butterflied chicken breast. Sprinkle with ground pepper. Roll as tightly as possible. Brown in butter and olive oil. Add some wine and chicken broth. Bake at 350 degrees till moist and tender. About 30 to 40 minutes.

Zucchini – Feta Pie

4 cups shredded zucchini (1 1/4 lbs or 2 medium size)
1/2 tsp salt
2 Tbsp fine unseasoned dry bread crumbs
1 Tbsp olive oil
2 medium garlic cloves, minced
4 eggs
1 cup low-fat cottage cheese
1 cup crumbled feta cheese
1/2 cup chopped green onions
1 cup grated parmesan
1/4 tsp pepper
2 medium long green peppers

Place zucchini in colander, set over bowl; toss with salt. Let stand 30 minutes. Rinse zucchini briefly under cold water. Place in clean kitchen towel or paper towels, squeeze out excess moisture or grate 2 hrs ahead.

Meanwhile, heat oven to 375 degrees. Spray 9 inch deep-dish glass or ceramic pie pan with cooking spray. Sprinkle with bread crumbs, tilting pan to coat.

Whisk eggs in large bowl until blended. Whisk in cottage cheese until blended. Stir in zucchini mixture and all remaining ingredients, pour into pie pan.

Bake 45 to 50 minutes or until top is lightly browned and firm to the touch. Let stand 5 minutes before slicing.