

## **Chicken Breasts Florentine**

This recipe makes six servings

2 packages (10 oz. each) frozen chopped spinach  
1 cup water  
1 1/2 pounds boneless, skinless chicken breasts  
1/2 stalk celery  
1/2 small onion  
1/2 tsp salt  
3 TBS flour  
1/2 cup skim milk  
1/4 cup parmesan cheese  
1/8 tsp nutmeg

Preheat oven to 375 degrees. Cook spinach according to package directions. Drain well. Simmer chicken in water with the celery, onion, and salt until chicken is no longer pink (about 15 minutes).

Remove chicken, reserving 1 cup of liquid and discarding vegetables.

Shake flour with milk in a covered container to prevent lumps. Mix with reserved liquid in saucepan. Cook, stirring constantly, until thickened.

Stir in nutmeg and cheese.

Mix spinach with half of the sauce and spread in a 9x13 pan that has been sprayed with non-stick coating.

Arrange chicken over spinach. Pour remainder of sauce over chicken. Sprinkle top with additional nutmeg, if desired.

Bake, uncovered, for 25-30 minutes or until heated through.

**Nutrition per serving:** Calories (210); Fat (5g)