

CHICKEN AND BACON ROULADES



INGREDIENTS

- 2 each chicken breasts, connected
- 5 each garlic cloves, minced
- 1 each handful baby spinach, cleaned and picked through
- ½ cup dried fruit, your choice
- 4 each strips bacon

DIRECTIONS

Serving Size: 2

Preheat oven to 400°F. Pound out chicken with a mallet or an empty wine bottle until about 1/4" thick or until your arm gets tired. Rub chicken breasts (the inside) with garlic. Layer spinach and fruit evenly and roll up. Wrap with bacon and sear in a hot skillet until bacon gets a little crispy. Bake in oven for about 15 minutes or until juices run clear. Slice chicken to desired thickness.

Optional: Melt a pat of butter in the same pan and drizzle over the slices and serve.