

## Chicken Braciolo

### Ingredients:

2 - 8 oz boneless skinless chicken breasts  
1 Turkey Sausage link (hot or mild)  
½ cup dice onions  
1 cup fresh spinach, cut up  
1 garlic clove minced  
Cayenne Pepper  
Salt  
Pepper  
¼ c red wine  
2 Tbsp Olive Oil



### Directions:



In a frying pan sauté the garlic and onions in 2 Tbsp of olive oil. Remove the sausage from the casing and breaking up the meat adding it to the garlic and onion mixture. When the sausage is cooked add the cut-up spinach and stir until it is wilted – should only take a few seconds. Pour into a bowl and set aside. You'll use the frying pan to cook the chicken later.



With a sharp knife butterfly the chicken breasts making 4 pieces. With a mallet pound the chicken until it is thin. Line up the chicken on a cutting board and with a spoon cover each chicken breast with the sausage mixture. Sprinkle with Salt, Pepper and Cayenne Pepper then roll up the chicken piercing it with a toothpick to hold together.



Heat the frying pan and add the chicken – you may need to add another tablespoon of olive oil. Brown the chicken, 2 minutes on each side then pour in the red wine and cover for 5-7 minutes.

Serve with fresh steamed broccoli. Serves 2 – 4.