**Artichoke and spinach Stuffed chicken breast for two**

1 chicken breast, butterfly cut and pound flat

Filling
1/4 cup chopped Artichoke
1/2 cup chopped frozen spinach, thawed and drained
1/4 cup canned mushrooms, drained and chopped
1/3 cup softened cream cheese
3 tbs grated Romano parmesan cheese
2 slices Swiss cheese, chopped
1 tsp crushed garlic
1 tsp Mrs. Dash garlic and herb seasoning
1 tsp Greek seasoning

Directions
Preheat oven 450°.
In medium mixing bowl, combine Filling ingredients. Spoon onto prepared chicken breast. Roll filled breast longways. Spray a bread pan with cooking spray. Place chicken roll with rolled side down in pan. Bake for 30 minutes. Place under broiler for 5-8 minutes to brown top. Remove and let sit for 5 minutes. Cut in half and Serve with alfredo pasta and vegetable or salad and enjoy!