

## SPINACH STUFFED CHICKEN BREASTS WITH TOMATO AND FETA

*Chicken is a versatile meat that is low in saturated fat. This meal is savory and flavorful due to a combination of meat, cheese, veggies, and seasoning, and it has no added salt! With a cooking time of only 20 minutes, this is a perfect quick weeknight dinner that serves four.*

**Yield=** 4 servings

### Ingredients

- 4 boneless, skinless **chicken breasts**, about 6 oz each
- 3/4 tsp kosher **salt**
- 3/4 tsp **paprika**
- 1/2 tsp **garlic powder**
- 1 cup baby **spinach**, chopped
- 2/3 cup **sun-dried tomatoes** in oil, drained and chopped
- 2/3 cups crumbled **feta cheese** (reduced-fat, preferred)
- 1 medium **shallot**, chopped (or 1 small onion, chopped)
- 1 large **garlic clove**, minced
- 1/4 cup chopped fresh **basil** or 2 tsp dried basil
- 2 Tbsp plain panko **breadcrumbs**
- 1 Tbsp chopped fresh **oregano** or 1 tsp dried oregano
- 1 Tbsp **Parmesan cheese**, grated
- 1 Tbsp **olive oil**, divided

### Instructions

1. Preheat oven to 425° F.
2. Slice a pocket into the sides of each chicken breast. Don't cut all the way through, just enough to create a place for the spinach mixture to go.
3. Season both sides of chicken breasts with paprika and garlic powder. Set aside.
4. In a medium bowl combine the sun-dried tomatoes, spinach, feta cheese, shallots, garlic, basil, breadcrumbs, oregano, parmesan cheese, and 1/2 tablespoon olive oil. Mix well and set aside.
5. Divide spinach mixture between the chicken breasts and stuff into each, about 3/4 cup per chicken breast. If needed, you can use toothpicks to close chicken breast.
6. Heat a large, oven-safe or cast-iron skillet over medium heat.
7. Add the remaining oil and once hot, sear the chicken breasts on each side for 2 to 3 minutes, until browned.
8. Transfer skillet to oven and finish cooking 12 to 15 minutes, until chicken reaches 165° F.
9. Remove from oven and tent with foil for 5 minutes before eating, remove toothpicks

Per Serving- Calories: 238, Saturated Fat: 5.5g, Sodium: 363 mg, Added Sugars: 0g

