



Spinach and Sun-Dried Tomato Stuffed Chicken Breasts

Active Time: 10 minutes | **Total Time:** 45 minutes | **Serves:** 4

Nutrition Information Per Serving

192.7 calories, 4.67 g carbohydrate, 1.77 g fiber, 2.9 g NET carbs, 28.71 g protein, 6.29 g fat

Ingredients

- 6 piece(s) Mediterranean Organic Sundried Tomatoes
- 2 -8oz. breast(s) organic, pasture-raised chicken, split
- 2 clove(s) organic garlic
- 1/4 tsp(s) fresh ground black pepper
- 1 Tbsp organic extra virgin avocado oil
- 1/2 tsp(s) sea salt
- 4 cup(s) organic spinach

Preparation

1. Preheat oven to 400 F. Chop the sun-dried tomatoes.
2. In a large skillet, warm the oil over medium heat.
3. When shimmering, add the garlic and half the sun-dried tomatoes, stirring with a wooden spoon for 1 minute. Add the spinach, cover, and steam 2 minutes. Remove from the heat and stir in half the salt and pepper.
4. Slice a 3-inch section of the chicken horizontally to form a pocket.
5. Spoon in 1/3 cup of the filling into each of the breasts, tuck the ends under, and secure them with a toothpick.
6. Place the chicken in a roasting pan, season with remaining salt and pepper and top with remaining sun-dried tomatoes.
7. Bake to golden brown and juices run clear, about 35 minutes.
8. Slice into rounds and serve.

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