

Stuffed Chicken Breasts with Spinach, Cheese and Sun-Dried Tomatoes

From the website "The Modern Proper"

Serves: 4

Prep Time: 20 minutes

Cook Time" 30 minutes

Ingredients

4 large chicken breasts

1 tsp salt

2 tbsp olive oil

2 garlic cloves, minced

1/4 cup pesto

4 tbsp cream cheese

3/4 cup mozzarella cheese, shredded

1/2 cup sundried tomatoes

1/2 cup spinach, roughly chopped

2 tbsp parsley, minced, optional

Preparation

1. Heat your oven to 375° F.
2. Place the chicken on a cutting board. With a small sharp knife, carefully cut a pocket into the side of the chicken breasts. Take care not to cut all the way through. You are creating a "pocket" for all the filling to bake in.
3. Season the chicken with salt, inside and out.
4. In a small bowl, mix the garlic, pesto, cream cheese and mozzarella. Set aside.
5. Layer the inside pockets of your chicken with the cream cheese mixture, sun-dried tomatoes and spinach. Secure the opening with toothpicks if desired.
6. Heat the olive oil in a cast iron pan, or oven proof skillet over medium heat. Sear the chicken on both sides for 3-4 minutes each, until golden brown.
7. Place all four breasts back into the pan (or on a baking sheet if you are not using an oven proof skillet) and place them in the oven until the internal temperature of the chicken breast is 165°F. This takes about 16-18 minutes longer depending on the size of the breast.
8. Sprinkle with parsley (if using) and serve.