

Sun-Dried Tomato Stuffed Chicken

(4 – 6 servings)

Ingredients

- 4 oz softened cream cheese
- ¼ cup grated parmesan cheese
- 2 cups finely chopped baby spinach
- ¼ cup chopped sun-dried tomatoes in oil
- 1 tbl chopped basil
- 1 tbl chopped parsley
- 1 tbl sliced green onions
- ½ tsp garlic powder
- 1 ½ tsp kosher salt
- ¾ tsp black pepper
- 4 boneless skinless chicken breasts or thighs (about 3 lbs total)
- 2 tbl olive oil

Instructions

- Preheat oven to 375 degrees.
- In a large bowl, combine softened cream cheese, parmesan, spinach, tomatoes, basil, parsley, green onions, garlic powder, ½ tsp salt and ¼ tsp pepper. Set aside.
- Cut a slit/pocket in the breasts/thighs, leaving a 1 inch uncut area to keep the other side connected.
- Season each side of the chicken with salt and pepper, then spread cheese mixture into the pocket of each piece of chicken. Do not overfill. If needed, secure the opening with toothpicks to keep the filling inside.
- Heat a large oven-proof skillet over medium heat and add olive oil. Add the chicken and cook until golden brown, about 5 to 7 minutes.
- Flip the chicken and cook another 5 minutes.
- Transfer the pan to the oven and bake until the meat reaches 160 degrees, about 10 to 15 minutes.
- Rest the chicken for 5 minutes then serve hot.