

# SPINACH STUFFED CHICKEN BREASTS



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- 4 chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 teaspoon salt, divided
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{4}$  teaspoon onion powder
- 4 ounces cream cheese, softened
- $\frac{1}{4}$  cup grated Parmesan
- 2 tablespoons mayonnaise
- 1  $\frac{1}{2}$  cups chopped fresh spinach
- 1 teaspoon garlic, minced
- $\frac{1}{2}$  teaspoon red pepper flakes

Preheat oven to 180°C.

Place the chicken breasts on a cutting board and drizzle with olive oil. Add the paprika,  $\frac{1}{2}$  teaspoon salt, garlic powder, and onion powder to a small bowl and stir to combine. Sprinkle evenly over both sides of the chicken. Use a sharp knife to cut a pocket into the side of each chicken breast. Set chicken aside.

Add cream cheese, Parmesan, mayonnaise, spinach, garlic, red pepper and remaining  $\frac{1}{2}$  teaspoon of salt to a small mixing bowl and stir well to combine. Spoon the spinach mixture into each

chicken breast evenly. Place the chicken breasts in a 9 x 13 baking dish. Bake, uncovered, for 25 minutes or until chicken is cooked through.

Recipe posted by Amanda Scholtz