



Chicken Breasts Stuffed with Spinach, Feta & Goat Cheese

INGREDIENTS

4 chicken breasts
14 oz baby spinach*, sautéed
2 T shallots, minced
2 T garlic, minced
1/2 c goat cheese
1/2 c feta cheese
1/2 c white wine (I used Muga Rosé, as it was leftover)
Oven roasted tomatoes
Magic 3 (Olive Oil, Salt, Pepper)

* I used 20 oz of spinach, which was more than enough for filling but I used the rest as leftovers the next day to make corn quesadillas with feta.

INSTRUCTIONS

1. Sauté the shallots, garlic in oil seasoning with salt and pepper. Add the spinach, cooking until wilted, then set aside to cool.
2. Clean, wash and thoroughly dry the chicken breasts. Then cut a pocket into the thick middle of each breast. (Note: making sure your protein (chicken, meat, fish) is thoroughly dried ensures you will get a good sear.)
3. Stuff each one with spinach then add the goat and feta cheeses into the pocket. Secure with a toothpick.
4. Season the chicken with salt, pepper and olive oil, then sear them on both sides in a cast iron skillet.
5. Add wine and oven roasted tomatoes and then place in a 350 degree oven for 15-20 minutes, depending on the thickness of the chicken.

SIDE DISH SUGGESTIONS:

- Shisito peppers (as a little appetizer)
- Broccoli with oil and garlic
- Sautéed mushrooms
- Quinoa with fresh parsley, scallions and chopped baby kale.
- Eggplant with feta, parsley, garlic and roasted tomatoes
- Arugula salad with cucumbers