

Stuffed Chicken Breasts Florentine

Chicken breasts stuffed with spinach and feta cheese, seasoned and browned in a skillet

Yield:

4 servings

Ingredients:

4 cups (packed, about 9 ounces) coarsely chopped fresh spinach
1 clove garlic, minced
1/2 cup crumbled feta cheese (plain, or tomato and basil)
4 boneless skinless chicken breasts (about 5 ounces each)
2 Tablespoons oil
1/8 teaspoon salt (because feta cheese is salty)
1/2 teaspoon pepper
4 toothpicks

Instructions:

1. In a large skillet, heat 1 Tablespoon oil over medium heat and saute garlic and spinach for a few minutes, until spinach is wilted. Remove from heat and toss with feta cheese.
2. Cut a deep pocket into the side of each chicken breast, and fill each with 1/4 of the spinach mixture. Secure with a toothpick.
3. Wipe out skillet and add 1 Tablespoon oil over medium-high heat. Lay chicken breasts in skillet, and brown on both sides, sprinkling sides with salt and pepper.
4. Reduce the heat to medium-low, cover, and heat for an additional 10 minutes or until chicken is cooked through. Serve hot.



This recipe is from Tammy's Recipes.