

Cheesy Spinach Chicken Bake

This hearty Cheesy Spinach Chicken Bake combines succulent chicken, fresh spinach, and juicy tomatoes, all topped with a golden, cheesy crust. It's a delicious and nutritious main dish perfect for a satisfying meal.



Main Dish

30 min

Total time

medium

Difficulty

450

kcal / serving

Ingredients

- 1 chicken breast
- 1 cup fresh spinach
- 1 medium tomato, diced
- 1/2 cup shredded cheese (mozzarella or cheddar)
- 1 egg
- Salt and pepper to taste
- 1 tablespoon olive oil
- 1 teaspoon garlic powder (optional)

Steps

- 1 Preheat your oven to 375°F (190°C).
- 2 Season the chicken breast with salt, pepper, and garlic powder.
- 3 In a skillet, heat olive oil over medium heat and cook the chicken for about 5-6 minutes on each side, until golden brown and cooked through.
- 4 Remove the chicken from the skillet and let it cool slightly.
- 5 In a bowl, whisk the egg and mix in the spinach and diced tomato.
- 6 Place the cooked chicken in a baking dish and pour the spinach-tomato mixture over it.
- 7 Sprinkle cheese on top and bake for 15-20 minutes, until the cheese is melted and bubbly.
- 8 Let it cool for a few minutes before serving.