

Spinach and Feta Stuffed Chicken Breast

Tender chicken breast filled with a delicious combination of spinach and feta cheese, baked to perfection.



Main Dish

35 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 1 chicken breast
- 1 cup fresh spinach, chopped
- 1/4 cup feta cheese, crumbled
- 1 clove garlic, minced
- 1 tablespoon olive oil
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Butterfly the chicken breast by making a horizontal cut almost through the thickness, then open it up like a book.
- 3 In a small bowl, mix together the chopped spinach, feta cheese, minced garlic, olive oil, salt, and pepper.
- 4 Stuff the spinach and feta mixture into the pocket of the chicken breast.
- 5 Use toothpicks to secure the opening of the chicken breast.
- 6 Place the stuffed chicken breast on a baking sheet lined with parchment paper.
- 7 Bake in the preheated oven for 25-30 minutes, or until the chicken is cooked through and no longer pink in the center.
- 8 Remove the toothpicks and let the chicken rest for a few minutes before serving.