Stuffed Chicken Breast



Adapted • Shared by Steve Janowicz

Ingredients

- 4-5 chicken breasts
- 2-3 green onions chopped
- ½ cup of chopped baby spinach
- ½ cup of fresh chopped italian flat-leaf parsley
- 4 oz of sun dried tomatoes chopped (blot away excess oil)
- 1 cup of shredded mozzarella cheese
- 8 oz package of cream cheese
- 1 tsp of italian seasoning
- Salt & pepper to taste
- 1 tbsp of canola oil
- 1 tbsp of butter (salted)
- 1 tsp of Italian seasoning
- 1 & ½ tbsp of Tony's Creole seasoning
- 1 tsp of garlic powder
- Black pepper to taste

Instructions

1. Preheat oven to 350 degrees

2. Chicken breasts should be room temperature and patted dry of any moisture. Season your chicken with the seasonings for chicken rub. Let them settle into the chicken about 30 minutes before browning.

3. Cut 3 inch slits into the thickest part of your chicken

4. Season the chicken all over and even inside the cavity where you made the slits

5. Chop up all of the vegetables & herbs into small pieces.

6. Shred the mozzarella

7. Mix together all of the ingredients for the stuffing

8. Stuff the chicken breasts

9. Close the chicken OR secure it closed with toothpicks or skewers

10. Add canola & butter to a skillet with high sides (oven safe skillet) and brown the chicken at about medium (medium high) heat. Brown about 5 minutes per side and don't mess with it! Leave it to get nice and caramelized.

11. Pop the entire pan into the oven and bake for about 10-15 minutes at 350.

Notes

Source: Melissa Jo Real Recipes
Author: Melissa Jo