

# Stuffed Chicken Breasts with Spinach, Tomato, Pesto



Preparation Time: 10 mins

Cooking Time: 40 mins

Serves: 4

Difficulty: Easy

## INGREDIENTS

4 Chicken Breasts  
8 spinach leaves  
Pesto  
1 Roma Tomato thinly sliced  
Fresh Mozzarella thinly sliced  
Oil (infused oils are great)  
Italian seasoning/herbs  
Salt & fresh ground pepper

## DIRECTIONS

### Preparation

1. Slice the chicken breast horizontally through the middle (do not cut all the way through)
2. Place a good teaspoon of pesto in each chicken breast
3. Place 2 thinly sliced tomatoes and 2 spinach leaves inside the breast
4. Place thinly sliced mozzarella inside the breast
5. Season with salt, pepper, and Italian seasoning

### Cooking

1. Preheat oven to 330f/170c
2. Heat oil in an oven proof pan on medium-high heat and add chicken breast.
3. Cook 5-7 mins each side (chicken should have good color)
4. Place pan in oven or transfer to oven proof dish if you don't have oven proof pan. Cook for 20 mins or until cooked through.

### Note (see my other stuffed chicken recipes):

- Can switch out pesto for minced garlic
- Other stuffing options:
  - Broccoli and cheddar cheese or brie
  - Brie, garlic, sundried tomatoes, and fresh basil

## PAIRING SUGGESTIONS

Serve with Orzo or Polenta

Mashed potatoes and steamed broccoli (see my mashed potatoes recipe for perfect a perfect mash)