

Stuffed Chicken Breast - Goat Cheese & Spinach

This recipe is my husbands creation after we had dinner out and tasted something similar to this. I have to admit, he is a fantastic cook...and he loves it.

Recipe Type: Main Dish, Poultry

Ingredients

2 each Chicken breasts, skinless
1 package Spinach, cooked & chopped
4 oz goat cheese
2 tbs garlic minced
1 pinch salt
1 pinch pepper
chives or cilantro for garnish
1 tbs olive oil



Directions

- 1 Preheat oven to 375 degrees F.
- 2 Place chicken breasts on cutting board and pound slightly to flatten a little bit.
- 3 Slice a deep pocket in breasts.
- 4 Season with salt and cover.
- 5 Sautee spinach in olive oil along with garlic
- 6 Stuff each breast with a heaping tablespoon on spinach/garlic mixture.
- 7 Add 1 oz of the goat cheese on top of spinach.
- 8 Arrange Breasts in a lightly oiled baking dish
- 9 Sprinkle with pepper or with a poultry rub (or a rub of your choice)
- 10 Bake uncovered 30 mins
- 11 Add another 1oz of goat cheese to top of each breast.
- 12 Bake another 15 mins or untill internal temp of chicken is 165 degrees.
- 13 Garnish and serve

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Nutrition Facts

Nutrition (per serving): 272 calories, 12.7g total fat, 5.5g saturated fat, 86.1mg cholesterol, 297.7mg sodium, 4.7g carbohydrates, 1.7g fiber, <1g sugar, 34.3g protein.

Servings: 4

Yield: 4 each, ½ chicken breast

Weight Watchers Points

Note: The chicken breast and spinach was not used when calculating the SmartPoints. The spinach was not included for the other points.

Orig. WW Pts: 6

Points Plus: 6

Smart Points: 6

FreeStyle Smart Points: 4