



STUFFED CHICKEN BREAST WITH SPINACH & HERB FILLING



INGREDIENTS

ITEM

- Chicken Breast
- Fresh Spinach, chopped
- Lactose-free Cream Cheese
- Parmesan Cheese
- Fresh Parsley, chopped
- Garlic-infused Olive Oil
- Dried Italian Seasoning
- Salt and Pepper

QUANTITY

6 Oz.
1/2 Cup
2 Tbsp
1 Tbsp.
1 Tbsp.
1 Tsp.
1/2 Tsp.

SERVING SIZE

1



PREPARATION

- Preheat oven to 375°F.
- Carefully slice chicken breast horizontally to create a pocket.
- Heat garlic-infused olive oil in a small pan.
- Add spinach and cook until wilted.
- Mix spinach with lactose-free cream cheese, Parmesan, parsley, Italian seasoning, salt, and pepper.
- Stuff filling into the chicken pocket.

- Secure with toothpicks if needed.
- Place chicken in a baking dish and season outside with salt and pepper.
- Bake for 25-30 minutes, until chicken reaches 165°F internally.
- Allow chicken to rest for 5 minutes before slicing.