

Roasted Red Pepper, Spinach, and Mozzarella Stuffed Chicken



Ingredients:

- 4 boneless, skinless chicken breasts
- 1 teaspoon garlic powder
- 1 teaspoon dried Italian herbs
- Salt and black pepper to taste
- 1 tablespoon olive oil
- 1 cup fresh spinach
- 1/2 cup roasted red peppers, sliced
- 1 cup shredded mozzarella cheese
- Toothpicks or kitchen twine for securing
- Optional: fresh basil leaves

Prep Time: 15 min. | Cook Time: 30 min. | Servings: 4

Instructions:

Preheat oven to 400°F (200°C). Lightly grease a baking dish.

Using a sharp knife, slice each chicken breast horizontally to create a pocket (do not cut all the way through).

Season both sides of the chicken breasts with garlic powder, Italian herbs, salt, and pepper.

Heat olive oil in a skillet over medium heat. Add spinach and sauté until wilted, about 2 minutes. Remove from heat.

Stuff each chicken breast with a spoonful of sautéed spinach, roasted red peppers, and mozzarella. Add a basil leaf if using.

Secure the openings with toothpicks or kitchen twine to keep filling intact.

Place the stuffed chicken breasts in the baking dish. Bake for 25–30 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F (74°C).

Let rest for 5 minutes before slicing and serving.