

Stuffed Chicken Breasts

Prep Time: 15 minutes

Cook Time: 45 minutes

Ingredients

- 2 chicken breasts
- 1 clove garlic
- Roughly 2 tbsp chopped onion (red or white)
- ½ cup goat cheese
- 1-2 button mushrooms – finely chopped
- ¼ cup spinach (frozen)
- Salt
- Pepper
- Paprika – roughly 1 tsp

Instructions

1. Preheat oven to 350°.
2. If using frozen spinach, thaw and completely dry.
3. Finely grate garlic into small mixing bowl.
4. Add onion, mushrooms, goat cheese, and spinach to garlic and mix until well combined.
5. Carefully cut slit into side of each chicken breast to create a pocket for the filling. Do not cut all the way through.
6. Stuff each breast with half the goat cheese mixture.
7. Use toothpicks to hold the chicken together.
8. Place into baking dish and sprinkle with salt, pepper, and paprika. Drizzle with avocado oil.
9. Bake in the oven for 45 minutes or until chicken is cooked through.
10. Ready to serve with your favourite side dish!