

Roasted Chicken Breast with Spinach and Walnuts Stuffing

Makes 4 Servings

Ingredients

- 4 large fresh chicken breasts, boneless and skinless (average 8oz per breast)
- 4 cups fresh spinach
- 2 Tbsp of garlic
- 1/4 cup walnuts crushed
- Salt
- Fresh ground black pepper
- Olive oil (not extra virgin)

Directions

1. Pre-heat oven to 400 degrees. Butterfly Chicken Breasts (cut along side and lay out flat leaving attached at one end like a book) and lay out flat on cutting board. You can pound it slightly to flatten a bit if you want.
2. Rub both sides with olive oil and season well with salt and pepper.
3. Lightly wilt spinach in non-stick pan, or if using frozen just thaw.
4. Spread roasted garlic paste onto one half on inside of chicken breasts.
5. Sprinkle with crushed walnuts.
6. Place spinach on top of walnuts.
7. Fold top over and place on a rack fitted inside a sheet pan or roasting pan.
8. Place chicken in oven and bake for 20 minutes on 400. Then reduce heat to 325 and roast for an additional 30 minutes, or until inside stuffing reaches 145 degrees.
9. Let rest for 15 minutes before slicing.

Nutritional Facts

(Per Serving)

- Calories: 407
- Protein: 55g
- Carbohydrates: 4g
- Fat: 19g

Chicken and Poultry

