

Chicken Breast stuffed with Spinach



Cooking spray

Bag of baby spinach

Olive oil

1-cup season breadcrumbs

2 pounds skinless chicken breast

Butter (optional)

Salt

Clean and rinse chicken breasts; pat dry. Slice 1/2" opening in side of chicken breast (as if you were going to filet the meat but don't go all the way through) Preheat oven to 375 degrees. Heat olive oil in pan and sauté' spinach; add salt. Once cooked, spoon a bit of spinach into each chicken breast. Coat stuffed chicken breast in bread crumbs (working off a plate works easiest). Place chicken breasts on greased baking sheet.

Bake for 25 minutes at 375.