Mediterranean Chicken Breasts Stuffed with Spinach

This recipe is from the January "Health-e-Recipe" from the American Institute for Cancer Research (AICR). You can sign up for this free, monthly recipe email at [http://www.aicr.org/](http://www.aicr.org/).

I enjoy these recipes because they emphasize lean proteins, vegetables, beans and grains and typically are quick and easy to make from ingredients I usually have in my pantry. The original recipe called for 2 tablespoons of herbed goat cheese, but since I do not like the strong flavor of goat cheese I substituted herbed feta cheese with good results. AICR also has a section on their website titled "Foods That Fight Cancer" based on current research. Check it out!

**Ingredients (serves 4)**

- 4 (4 oz.) chicken breasts, boneless and skinless
- ½ teaspoon dried Italian herbs (or ¼ tsp. oregano and ¼ tsp. basil) divided
- ½ teaspoon freshly ground black pepper, divided
- 4 teaspoons extra virgin olive oil, divided
- 2 garlic cloves, minced
- ½ cup frozen spinach (thaw and squeeze out extra water)
- 3 tablespoons chopped and drained sun-dried tomatoes (packed in olive oil)
- 2 tablespoons herbed crumbled feta cheese
- 2 tablespoons reduced fat cream cheese
- Toothpicks

Preheat oven to 400°F. Slice into chicken breast on the side to make a pocket; do not cut all the way through. Season the outside of the chicken breasts with ¼ teaspoon of the Italian herbs and ¼ teaspoon of the pepper. (I like to use more herbs and pepper). Set chicken breasts aside. In a large, oven-proof skillet heat 2 teaspoons of the olive oil over medium heat. Add garlic, stir for a minute - do not let it brown. Add spinach, tomatoes and remaining herbs. Stir well and cook about 3 minutes. Remove from heat and stir in cheeses.

Divide spinach/cheese mixture evenly and fill the "pockets" of the four chicken breasts. Secure each breast with about 4 toothpicks. Remove any remaining cheese in skillet with paper towel and add the remaining 2 teaspoons of olive oil; heat over medium heat for about 2 minutes. Return stuffed chicken breasts to skillet and lightly brown on both sides, turning once. After chicken is browned place skillet in oven and bake for about 15 minutes or until internal temperature is 170°.

Spoon any pan juices over chicken when it is served. Whole grain pasta with bottled marinara sauce and steamed broccoli would make this a meal!

**Nutrition Information:** Calories: 213 Protein: 58g Fat: 9g Saturated Fat: 2g Sodium: 188mg and a good source of Vitamin A and Niacin!