

STUFFED CHICKEN BREASTS

([BITE OF LIFE](#) BLOG)

- Handful of fresh spinach, finely chopped
- 2-3 garlic cloves, finely chopped
- 2-3 fresh basil leaves, finely chopped
- 4 sun-dried tomatoes, chopped (I used tomatoes packed in olive oil, but rinsed and dried them before cooking)
- sea salt & pepper
- toothpicks
- 2 chicken breasts

Preheat oven to 350* and lightly grease (with coconut oil) an oven-safe baking dish. Chop all veggies first. Combine spinach, garlic, basil in a small bowl. Mix with a fork until distributed well.

Butterfly the chicken breasts if they are thick, but don't cut completely in half. Tenderize the breasts by laying plastic wrap over them and "beating" them lightly with a tenderizer (or anything with a little weight). I used a hammer. Seriously.

Flip the breasts, cover again with plastic wrap, and "beat" the other side. (*You want the chicken to be somewhat flat, but not so thin that it tears.*) Sprinkle both sides with sea salt & black pepper.

Spread a spoonful (as much or little as you want) of the spinach mixture in each breast. Then add sun-dried tomatoes down the middle.

Roll the breasts up and secure them with a toothpick.

Here comes an option for you: I "flash-fried" my chicken in a little coconut oil to achieve the beautiful golden outside before baking it. **This is NOT necessary.** If you choose to do it, just turn the burner heat up high, and cook the breasts on each side for about a minute. Or you can skip ahead to the final step...

Place the chicken in the prepared baking dish and cook for 25-30 minutes. Remove toothpicks and serve.