

Ingredients



The Chicken

- 4 boneless, skinless chicken breasts
- 1 ½ teaspoon salt
- 1 ½ tsp garlic powder
- 1 ½ tsp onion powder
- 1 ½ tsp paprika
- 1 tsp parsley
- 1 large lemon, squeezed

The Filling

- 1 tsp olive oil
- 3 cloves garlic, finely chopped
- 1 shallot, finely chopped
- 1 bunch of spinach
- ¼ tsp salt
- ¼ tsp black pepper
- 8 oz Cream cheese
- ¾ cup parmesan cheese
- 3 Green onions, chopped

Carrots

- 4 Carrots, julienned
- ½ tsp cinnamon

Broccoli

- 1 head of broccoli, chopped
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ tsp olive oil



1. Butterfly chicken breasts & season with salt, garlic powder, onion powder, paprika, parsley & lemon
2. Add olive oil to the pan over medium heat & cook shallot & garlic until fragrant. Add spinach, salt, black pepper, & sauté until wilted. Remove from pan, removing as much liquid from spinach as possible.
3. Add to a bowl, along with cream cheese, parmesan cheese, & green onions.
4. Arrange chicken breasts on a baking sheet lined with foil, stuff the chicken breasts with cream cheese filling, and secure the edges with toothpicks.
5. Place into a preheated oven on roast at 400 degrees F, covered x 20 minutes. Remove foil, baste with juices then return to oven uncovered x 20 minutes.
6. Toss carrots in cinnamon and place on a foil-lined baking sheet. Toss broccoli in black pepper, garlic, & olive oil & add to baking sheet. Bake on 400 x 15 minutes.
7. Remove toothpicks from chicken breasts, plate, & serve
8. Enjoy!

AN AMAZINGLY DELICIOUS MEAL THAT CAME TOGETHER QUICKLY. MOIST & JUICY CHICKEN BREASTS, STUFFED WITH A CREAMY FILLING OF SPINACH, CREAM CHEESE & PARMESAN CHEESE! YOU WILL LOVE THIS!

Note:

- Bake time may vary depending on the size of the chicken breasts.
- Smaller chicken breasts will require less time in the oven.
- A thermometer reading of 165 will ensure that it's done.