

Fool Proof Entree: Crockpot Stuffed Chicken Breasts with Spinach, Roasted Red Pepper, Parmesan + Goat Cheese

serves 4

INGREDIENTS

4 boneless, skinless chicken breasts (do not use thin sliced chicken breasts)

1/2 teaspoon salt

1/2 teaspoon pepper

1 jar of roasted red peppers in water, with 1 of the peppers cut into 8-12 long slices

2 tablespoons olive oil

3 cloves of garlic, minced

1/2 of one 6-ounce bag of fresh spinach

2 ounces Parmesan cheese, sliced

2 ounces goat cheese

1/2 cup dry white wine

3/4 cup low-sodium chicken stock



DIRECTIONS

1. If desired, quickly tenderize chicken, making sure to not pound it too thin. Using a sharp knife, make a deep cut in the center of one side of each chicken breast, being very careful not to cut through to the top or the bottom – this will cause the cheese to go everywhere, and if it happens, you may want to consider not stuffing it with cheese (you can always add some on top). Season the chicken on both sides with the salt and pepper.

2. Heat a large skillet over medium heat and add 1/2 tablespoon olive oil. Add spinach and garlic, cooking until spinach is wilted, about 5 minutes.

3. Add 1/2 ounce of Parmesan and goat cheese inside each piece of chicken, pressing it as far back as it will go (you can do this while spinach is cooking). Add 1-2 slices (or more) of roasted red pepper, then add equal amounts of spinach into each piece of chicken.

4. Turn the heat on the skillet to medium-high and add olive oil. When it's hot, gently place each chicken breast (top side down first is easiest) in the skillet and sear for 2-3 minutes per side. You can skip this part and just add the chicken to the crockpot without searing, but this will make it very flavorful and tender.

5. Add chicken to the crockpot with the stuffed side facing up. Add wine and chicken stock, then cook on low for 6-8 hours.

*Serve With Rice if Desired