

GOUDA SPINACH STUFFED CHICKEN



INGREDIENTS

4 CHICKEN BREASTS
6 C. CHOPPED SPINACH
2 C. SHREDDED GOUDA
3 TBS PARMESAN
2 RED PEPPERS
3 TBS OLIVE OIL
1 LRG CHOPPED SHALLOT
4 CLOVES GARLIC
2 C. RICE
2 TBS BUTTER
SALT AND PEPPER

PREPARATION

1. PREHEAT OVEN TO 400 DEGREES
2. CORE PEPPERS AND CUT INTO 2 INCH SLICES, PLACED ON A BAKING SHEET
3. MINCE GARLIC AND SPREAD OVER PEPPERS, DRIZZLE WITH OLIVE OIL, PLACE IN OVEN UNTIL TENDER AND ROASTED
4. BUTTERFLY THE CHICKEN BREAST LEAVING JUST A SEAM ACROSS THE BOTTOM
5. WHEN PEPPERS ARE DONE CHOP INTO 1/2 INCH STRIPS
6. MIX SPINACH, PEPPERS, CHEESE, AND SALT & PEPPER
7. PLACE 1 & 1/2 CUPS OF MIXTURE IN EACH BREAST, SPREAD THE LEFT OVER EVENLY
8. TOP WITH SHALLOT AND LEFTOVER PARMESAN
9. SEASON WITH SALT AND PEPPER AND ROAST IN OVEN FOR 30-35 MINUTES OR UNTIL FULLY COOKED AND BROWNED
10. BOIL CHICKEN BROTH IN MEDIUM SAUCE PAN FOR RICE, ADD RICE AND STIR UNTIL READY, ADD BUTTER TO LOOSEN THE RICE
11. PLATE CHICKEN AND SURROUND WITH RICE, TOP WITH SAUCE FROM THE CHICKEN PAN, SERVE!