



Spinach Stuffed Chicken Breasts

★★★★★

These spinach stuffed chicken breasts are loaded with cream cheese, fresh spinach, and Parmesan cheese.

Course Chicken
Cuisine American

Keyword spinach stuffed chicken, stuffed chicken breast

Prep Time 10 minutes

Cook Time 25 minutes

Total Time 35 minutes

Servings 4 servings

Calories 407kcal

Author [Karly Campbell](#)

Equipment

- [My Favorite Knife](#)
- [9x13 Baking Dish](#)
- [Avocado Oil](#)

Ingredients

- 4 chicken breasts
- 1 tablespoon olive oil or avocado oil
- 1 teaspoon paprika
- 1 teaspoon salt divided
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 4 ounces cream cheese softened
- ¼ cup grated Parmesan
- 2 tablespoons mayonnaise
- 1 ½ cups chopped fresh spinach
- 1 teaspoon garlic minced
- ½ teaspoon red pepper flakes (skip)



The way I make it

Instructions

1. Preheat oven to 375 degrees.
2. Place the chicken breasts on a cutting board and drizzle with oil.
3. Add the paprika, 1/2 teaspoon salt, garlic powder, and onion powder to a small bowl and stir to combine. Sprinkle evenly over both sides of the chicken.
4. Use a sharp knife to cut a pocket into the side of each chicken breast. Set chicken aside.
5. Add cream cheese, Parmesan, mayonnaise, spinach, garlic, red pepper and remaining ½ teaspoon of salt to a small mixing bowl and stir well to combine.
6. Spoon the spinach mixture into each chicken breast evenly.
7. Place the chicken breasts in a 9x13 baking dish. Bake, uncovered, for 25-30 minutes or until chicken is cooked through.

*Rao's
+ marinara sauce
to top*