

Caprese Stuffed Chicken

Ingredients

4 boneless skinless chicken breasts
2 c. baby spinach
1 c. sundried tomatoes (packed in olive oil)
4 slices mozzarella
1 1/2 tbsp. Italian seasoning
kosher salt
Freshly ground black pepper



Instructions

1. Preheat oven to 400°. On a clean work surface, cut a pocket into each chicken breast. Stuff each with spinach, sundried tomatoes, and mozzarella. Season with Italian seasoning, salt, and pepper. Secure with toothpicks.
2. In a large oven-safe skillet over medium-high heat, heat oil. Sear chicken until golden, 3 minutes per side, then transfer to the oven and cook until no longer pink, 15 minutes.
3. Remove toothpicks and serve with pan juices.