

# SPINACH STUFFED CHICKEN BREASTS



**Serves 4**

## Ingredients

- 4 boneless, skinless chicken breasts
- 2 teaspoons paprika
- 2 teaspoons salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 4 ounces cream cheese, softened
- 1/4 cup grated Parmesan
- 2 tablespoons fat free Greek yogurt
- 1 1/2 cups chopped fresh spinach
- 1 teaspoon garlic, minced
- 1/2 teaspoon red pepper flakes

## Directions

Preheat oven to 375 degrees.

In a small bowl, combine paprika, 1 teaspoon salt, garlic powder, and onion powder. Stir to combine and set aside.

In a mixing bowl, combine cream cheese, Parmesan, Greek yogurt, spinach, garlic, red pepper and remaining 1 teaspoon salt.

Place chicken breast on a cutting board. Using a sharp knife, cut a pocket into the side of each chicken breast. drizzle with olive oil and sprinkle paprika mixture evenly on both sides of chicken breasts.

Spoon spinach mixture into each chicken breast evenly.

Place chicken in a baking dish. Cook, uncovered, in preheated oven for 25 minutes.

*Lula*