



Spinach-Tomato-Feta Cheese Stuffed Chicken Breast with Brown Rice

Ingredients

6 oz chicken breast

1/2 cup raw spinach

1 Roma tomato

2 tbsp feta cheese

1/2 cup brown rice

Directions

1. Set oven to 375 degrees F.
2. Slice the chicken breast down the middle to make it look like a butterfly; be careful not to slice all the way through the chicken breast.
3. Season the chicken breast with your choice of seasonings.
4. Open the chicken breast and on one side, and then layer spinach, tomato slices and feta cheese.
5. Fold the chicken breast like a sandwich and use toothpicks to hold the chicken breast closed.
6. Bake for 18 to 20 minutes or until the chicken breast is completely cooked.
7. Cook brown rice and add garlic and diced onion for extra flavor.
8. Plate chicken and brown rice.

Nutrition Facts

Calories: 363

Fat: 6 g

Carbs: 32 g

Protein: 43 g