

## Recipe: Spinach, Apple and Cheese Stuffed Chicken Breast

This is an adapted recipe from Clean Eating Magazine that used a pork loin. I used what I had on hand, added cheese and it turned out delicious and a great way to dress up boring chicken!

### Ingredients:

- ½ onion, thinly sliced
- 1 tbsp. olive oil
- Cooking spray
- 2 chicken breasts
- 2 large handfuls of spinach
- 2 thin slices of cheese (I used monterrey jack but you could use brie, cheddar or even almond cheese)
- 1/8-1/4 apple, thinly sliced
- Salt and pepper

Heat sauté pan on medium to high heat. Add olive oil. Add onions and sauté until translucent, about 5 minutes. Turn heat to low and continue to cook until golden brown and caramelized. Remove onions from pan and set aside. Heat oven to 350 degrees. Turn heat back to medium high in pan and spray with cooking spray. Add spinach to pan and cook for 1-2 minutes until wilted. Remove from pan. Spray pan again.

Using a mallet beat chicken breasts until about ½ inch thick. Sprinkle with salt and pepper. Lay slice of cheese on end of chicken breast, top with spinach, onions and then apple slices. Roll/fold ends of chicken together and secure with toothpicks.

Sear chicken breasts on each side in pan for 1-2 minutes or until partially cooked. Place chicken on baking sheet and bake 15-20 minute or until no longer pink inside. Enjoy!