

RECIPE OF THE MONTH:

Goat Cheese & Spinach Stuffed Chicken Breast with Caramelized Onions & Mushrooms

INGREDIENTS:

- 4 chicken breasts
- 2 tablespoons olive oil, divided
- 4 cups organic spinach
- 1/2 teaspoon garlic powder
- 2 ounces goat cheese
- 1 white onion, sliced
- 8 ounces baby bella mushrooms, sliced
- 1 teaspoon fresh thyme
- 1 tablespoon balsamic vinegar
- freshly ground salt and pepper

INSTRUCTIONS:

Step 1: Preheat the oven to 375 degrees. Cut 6 slits into the top of each chicken breast, making sure you don't cut all the way through to the bottom. Drizzle each breast with olive oil then season with salt and pepper. Set this aside.

Step 2: Over medium high heat, in a large ovenproof skillet, add 1/2 tablespoon of olive oil. Add in spinach and season with garlic powder. Cook, stirring occasionally until spinach is fully wilted.

Step 3: In a medium bowl, transfer the cooked spinach and add in goat cheese. Stir until well combined. Stuff each slit with the spinach/goat cheese mixture.

Step 4: Add 1 tablespoon of olive oil to the same skillet. Add in sliced onions, mushrooms, fresh thyme, balsamic vinegar and season with a little salt and black pepper. Saute until onions begin to caramelize and mushrooms turn golden brown. Make room for the chicken in the skillet.

Step 5: Add chicken to the skillet, making sure there is a little bit of room between each chicken breast. Transfer to the oven and bake for 20-30 minutes until the chicken is fully cooked and your meat thermometer reads 165 degrees.

Aurora Newmarket

Family Health Team