



*cara price*

## GARLIC SPINACH STUFFED CHICKEN

### INGREDIENTS

#### for the stuffing:

- 2 - 5 ounce bags of spinach
- 6 cloves garlic, minced
- 1/8 teaspoon red pepper flakes
- freshly ground salt & pepper

#### for the chicken:

- 6 thick chicken breasts, boneless & skinless\*
- 1/2 cup tapioca flour
- 2 teaspoons salt
- 1-1/2 teaspoons pepper
- 1 tablespoon italian seasoning
- 1/2 teaspoon nutmeg

#### for the pan sauce:

- 1 tablespoon flour mixture from dredging mix
- 1 cup chicken broth
- 1 tablespoon dijon mustard

### DIRECTIONS

preheat oven to 400. place 2 tablespoons of olive oil in a large deep skillet. over medium high heat, saute the garlic cloves for about 1 minute. add in all the spinach, stirring constantly to begin wilting it. sprinkle with red pepper flakes & salt & pepper & continue stirring just until spinach is wilted but not completely limp. this only takes a few minutes at most.

turn off heat on spinach & place it into a fine mesh colander. set this in the sink to allow the excess moisture to drain. {keep that same skillet out for the chicken & sauce}

in a large baking dish combine, tapioca flour, salt, pepper, italian seasoning & nutmeg. mix well. take out 1 tablespoon of this mixture & set aside for pan sauce.

evenly divide the spinach mixture into the "pockets" of the chicken breasts. stuff it inside the chicken & carefully hold it closed while gently dredging the outside of the chicken in the flour mixture. repeat until all the chicken is dredged.

in the same skillet you used for the spinach, heat another 2 tablespoons olive oil over medium-high heat & brown chicken about 3 minutes per side. {i find that flipping the chicken with a spatula & a fork helps me keep the stuffing from coming out}



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### DIRECTIONS - CONTINUED

once the chicken is browned transfer to a large rimmed cookie sheet. {still keep that pan!}

place the chicken in the oven & let it bake for 25-35 minutes, check for 165 internal temperature.

about 5 minutes before the chicken is done, mix the chicken broth & mustard together in a small bowl. turn the skillet on to medium & add the 1 tablespoon of flour to it, stir quickly to dissolve in the leftover oil & then pour in the chicken broth mixture & whisk quickly to thicken.

turn off heat.

serve pan sauce over chicken.