



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### SPINACH STUFFED CHICKEN BREASTS

4 chicken breasts	4 ounces cream cheese, softened
1 tablespoon olive oil or avocado oil	¼ cup grated Parmesan cheese
1 teaspoon paprika	2 tablespoons mayonnaise
1 teaspoon salt, divided	1 ½ cups chopped fresh spinach
¼ teaspoon garlic powder	1 teaspoon garlic, minced
¼ teaspoon onion powder	½ teaspoon red pepper flakes

1. Preheat oven to 375 degrees F.
2. Place the chicken breasts on a cutting board and drizzle with oil.
3. Add the paprika, ½ teaspoon salt, garlic powder, and onion powder to a small bowl and stir to combine. Sprinkle evenly over both sides of chicken.
4. Use a sharp knife to cut a pocket into the side of each chicken breast. Set chicken aside.
5. Add cream cheese, Parmesan, mayonnaise, spinach, garlic, red pepper flakes, and remaining ½ teaspoon salt to a small mixing bowl and stir well to combine.
6. Spoon the spinach mixture into each chicken breast evenly.
7. Place the chicken breasts in a 9x13 baking sheet. Bake, uncovered, for 25-30 minutes or until chicken is cooked through (internal temperature of 165 degrees F).

Makes 4 servings.

*Recipe by: Karley Campbell*

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