

SPINACH AND FETA STUFFED CHICKEN

Preparation: **10** minutes | Cooking: **20** minutes | Servings: **2**

INGREDIENTS

2 boneless, skinless chicken thighs
8 ounces fresh spinach (about 10 cups)
3/4 cup reduced sodium chicken broth
3 tablespoons feta, crumbled
1 1/2 teaspoon cider vinegar
1 tablespoon olive oil
1 teaspoon butter
1/2 teaspoon sugar
1/2 teaspoon chicken seasoning
1/8 teaspoon pepper



INSTRUCTIONS

Preheat oven to 375°. In a large skillet, cook and stir spinach over medium-high heat until wilted. Stir in vinegar, sugar and pepper; cool slightly. Pound chicken thighs with a meat mallet to flatten slightly; sprinkle with chicken seasoning. Top chicken with spinach mixture and cheese. Roll up chicken from a long side; tie securely with kitchen string. In an ovenproof skillet, heat oil over medium-high heat; add chicken and brown on all sides. Transfer to oven; roast until a thermometer inserted in chicken reads 170°, 13-15 minutes. Remove chicken from pan; keep warm. On stovetop, add broth and butter to skillet; bring to a boil, stirring to loosen browned bits from pan. Cook until slightly thickened, 3-5 minutes. Serve with chicken.