

Stuffed Chicken Breasts (cheese, spinach & sundried tomatoes)

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Recipe from Louise Lane on YouTube, with a few adaptations

Serves 4, 2 FSP per serving

- 4 boneless, skinless chicken breasts
 - 8 wedges Laughing Cow Lite Garlic and Herb cheese
 - 2 cups fresh spinach chopped
 - 1/2 cup sundried tomatoes (not packed in oil), chopped
 - choice of spices to sprinkle on chicken
1. Cut a pocket in each chicken breast. Do not cut all the way through!
 2. In a bowl, mix cheese, spinach and tomatoes.
 3. Divide cheese into 4 portions. Stuff breasts with cheese mixture. Secure with a toothpick
 4. Sprinkle with spices of your choice. Bake at 350 for 25-35 minutes for until chicken is done.