
Oven Baked Chicken Breasts

4 portions

2 (8-ounce) boneless skinless chicken breasts

3/4 teaspoon table salt

3/4 teaspoon ground black pepper

2 cups chopped fresh spinach, stems removed

3 ounces cream cheese

1/4 cup shredded cheddar cheese

1/4 cup finely chopped sun-dried tomatoes

1/2 teaspoon garlic powder

- ➊ Preheat oven to 425 F.
- ➋ Slice each chicken breast in half; resulting pieces should be no thicker than 1/2 inch.
- ➌ If moist, pat dry with paper towels.
- ➍ Spread out chicken pieces in single layer on baking tray lined with parchment paper.
- ➎ Season both sides of chicken pieces with salt and pepper. Set aside.
- ➏ Cook spinach on skillet on stovetop until wilted.
- ➐ Separately, microwave cream cheese until very soft, about 20 seconds.
- ➑ Stir together cooked spinach, softened cream cheese, cheddar, tomatoes, and garlic in bowl until well-mixed.
- ➒ Evenly spread mixture across tops of chicken pieces.
- ➓ Bake uncovered at 425 F until chicken is cooked through, about 20 minutes.
- ➔ Let cool at room temperature for about 5 minutes before serving.