

Broccoli Cheddar Stuffed Chicken

INGREDIENTS

- 4 boneless chicken breasts
- 1 head of broccoli finely chopped
- 4-5 slices Canadian bacon, chopped
- 1/3C (or to preference) cheddar and parmesan cheese, shredded
- Sea salt
- Black pepper
- Red pepper flakes
- Oregano

1. Preheat oven to 400°F.
2. Toss chicken breasts in a little olive oil and liberally season with sea salt and black pepper.
3. Place chicken in baking dish coated with a little oil to prevent sticking.
4. With a paring knife, gently cut a 3-4-inch incision in the fleshy part of the chicken breasts.
5. In a sauté pan, heat a little oil and over low heat begin to sauté broccoli for a few minutes until they just begin to soften (about 4-5 minutes).
6. Remove broccoli from heat and begin to spoon into chicken breasts.
7. Cover chicken with Canadian bacon, cheese, and any remaining broccoli.
8. Season with a little sea salt, pepper, oregano, and red pepper flakes (optional).
9. Bake for about 20 minutes or checking with a digital meat thermometer until the internal temperature of the chicken is 165°F.
10. Remove from oven, garnish with a little extra seasoning and serve!