

Spinach and Feta Chicken Rolls - A Mediterranean Dinner Favorite

Spinach and Feta Chicken Rolls



OVEN
375°F

TIME
4 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 5 ounces fresh spinach, chopped
- $\frac{1}{2}$ cup crumbled feta cheese
- $\frac{1}{4}$ cup sun-dried tomatoes, chopped

Salt and pepper to taste

Toothpicks for securing

Directions:

1. Preheat and Prep:
2. Sauté the Filling:
3. Mix the Filling:
4. Prepare the Chicken:
5. Roll and Secure:
6. Bake:

Tips for Success:

Pound the chicken evenly for easy rolling and consistent baking.

Let the filling cool slightly before mixing with feta to avoid melting it too early.

Use kitchen twine instead of toothpicks for a more secure hold (just remember to remove before serving!).

Want extra browning? Turn on the broiler for 1-2 minutes at the end.

Serving Suggestions & Pairings:

A side of Easy Turkey Wings if you're feeding a crowd.

Add flair with an appetizer like Baked Brie.

Serve with a chilled glass of Blueberry Lemonade for a refreshing finish.

Storage & Leftovers:

Fridge: Store in an airtight container for up to 4 days.

Freezer: Wrap individual rolls in foil and freeze for up to 2 months. Thaw overnight in the fridge and reheat at 350°F until hot.

Reheat tip: Slice before microwaving to keep texture even and avoid drying out.

More Recipes You'll Love:

Chicken Enchiladas - a cheesy, saucy dinner hit

Tangy Chicken Salad (No Mayo) - perfect for lunch

Baked Brie Appetizer - your next party trick

Final Thoughts:

DIRECTIONS

1. **Preheat and Prep:** Preheat your oven to 375°F (190°C). Lightly grease a baking dish and set aside.
2. **SautØ the Filling:** Heat olive oil in a skillet over medium heat. Add the chopped onion and garlic and cook until the onion is translucent, about 3-4 minutes.
3. **Add the chopped spinach to the skillet.** Cook, stirring occasionally, until wilted, about 2-3 minutes. Remove from heat and let it cool slightly.
4. **Mix the Filling:** In a bowl, combine the sautØed spinach mixture with feta cheese and sun-dried tomatoes. Season with salt and pepperto taste.
5. **Prepare the Chicken:** Butterfly each chicken breast and pound it to an even thickness using a meat mallet. This makes it easier to roll and ensures even cooking.
6. **Roll and Secure:** Spoon a generous amount of the spinach-feta mixture onto each chicken breast. Roll tightly from the short end, and secure with toothpicks.
7. **Place the chicken rolls seam-side down in the prepared baking dish.**
8. **Bake:** Bake in the preheated oven for 25-30 minutes, or until the chicken is cooked through and the juices run clear. Internal temp should reach 165°F (74°C).
9. **Optional:** Garnish with extra sun-dried tomatoes or fresh herbs like parsley or basil.
10. **Tips for Success:** Pound the chicken evenly for easy rolling and consistent baking.
11. **Let the filling cool slightly before mixing with feta to avoid melting it too early.**
12. **Use kitchen twine instead of toothpicks for a more secure hold (just remember to remove before serving!).**

13. Want extra browning? Turn on the broiler for 1-2 minutes at the end.
14. Serving Suggestions & Pairings: Pair these stuffed chicken rolls with a light side dish or vibrant beverage:
15. A side of : Easy Turkey Wings if you're feeding a crowd.
16. Add flair with an appetizer like : Baked Brie.
17. Serve with a chilled glass of : Blueberry Lemonade for a refreshing finish.
18. Storage & Leftovers: Fridge: Store in an airtight container for up to 4 days.
19. Freezer: Wrap individual rolls in foil and freeze for up to 2 months. Thaw overnight in the fridge and reheat at 350°F until hot.
20. Reheat tip: Slice before microwaving to keep texture even and avoid drying out.
21. More Recipes You'll Love: Chicken Enchiladas - a cheesy, saucy dinner hit
22. Tangy : Chicken Salad (No Mayo) - perfect for lunch
23. Baked : Brie Appetizer - your next party trick
24. Final Thoughts: These Spinach and Feta Chicken Rolls deliver big on flavor with just a handful of ingredients. It's one of those meals that feels fancy enough for guests but easy enough for a Tuesday night. Juicy chicken, savory spinach, and tangy feta wrapped up in one beautiful bite-you can't go wrong.
25. Tried it? Share your take on Instagram or leave a comment with your favorite twist. And don't forget to subscribe for more easy, flavor-packed recipes every week.

TIPS FOR SUCCESS

Pound the chicken evenly for easy rolling and consistent baking.

Let the filling cool slightly before mixing with feta to avoid melting it too early.

Use kitchen twine instead of toothpicks for a more secure hold (just remember to remove before serving!).

Turn on the broiler for 1-2 minutes at the end.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/spinach-and-feta-chicken-rolls-a-mediterranean-dinner-favorite/>