

Oven-Baked Spinach and Roasted Red Pepper Stuffed Chicken

Roasted Red Pepper Spinach Mozzarella Stuffed Chicken



OVEN
375°F

TIME
40 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

- 4 boneless skinless chicken breasts
- 2 roasted red peppers, sliced into strips
- 1 cup fresh spinach leaves
- 1 cup shredded mozzarella cheese
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- $\frac{1}{2}$ teaspoon dried oregano
- Salt to taste
- Black pepper to taste
- Fresh parsley, chopped (for garnish)

DIRECTIONS

- 1.** Preheat the Oven: Preheat oven to 375°F (190°C) and lightly grease a baking dish.
- 2.** Prepare the Chicken: Using a sharp knife, carefully slice a pocket into each chicken breast lengthwise without cutting all the way through.
- 3.** Stuff the Chicken: Fill each pocket with roasted red pepper strips, fresh spinach leaves, and shredded mozzarella. Secure with toothpicks if needed.
- 4.** Season: In a small bowl, mix olive oil, garlic powder, paprika, oregano, salt, and black pepper. Rub the mixture evenly over each stuffed chicken breast.
- 5.** Sear: Heat a skillet over medium-high heat. Sear chicken for 2-3 minutes per side until golden brown.
- 6.** Bake: Transfer chicken to the prepared baking dish and bake for 20-25 minutes, or until internal temperature reaches 165°F (74°C).
- 7.** Garnish & Serve: Remove toothpicks, sprinkle with fresh parsley, and serve warm.

SWAPS & NOTES

Spinach: Baby spinach works best; no need to pre-cook.
Roasted red peppers: Jarred peppers are convenient and flavorful.

Add-ins: A sprinkle of feta or a few sun-dried tomatoes add extra depth.

Low-carb friendly: This recipe is naturally low in carbohydrates.

TIPS FOR SUCCESS

Don't overstuff - too much filling can spill out while cooking.

Searing first locks in flavor and creates a beautiful golden crust.

Use a meat thermometer to avoid overcooking.

Let the chicken rest for 5 minutes before slicing for juicier results.

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

Original recipe: <https://chefmaniac.com/oven-baked-spinach-and-roasted-red-pepper-stuffed-chicken/>