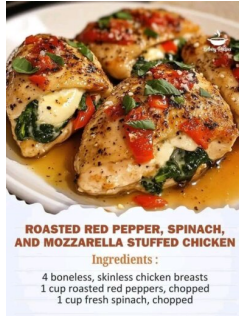


## Roasted Red Pepper, Spinach, and Mozzarella Stuffed Chicken for an Easy Impressive Dinner

Roasted Red Pepper, Spinach, and Mozzarella Stuffed Chicken



**OVEN**  
**375°F**

**TIME**  
**2 to 3 min**

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**SAVE**  
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### INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1/2 teaspoon paprika
- Salt, to taste
- Black pepper, to taste
- 1 cup chopped roasted red peppers, drained well
- 2 cups fresh spinach
- 1 cup shredded or sliced mozzarella cheese
- 2 cloves garlic, minced
- 1 tablespoon butter or olive oil, for the filling
- 2 tablespoons grated Parmesan cheese, optional
- Toothpicks, for securing if needed

### DIRECTIONS

1. Preheat your oven to 375°F and lightly grease a baking dish or oven-safe skillet.
2. Using a sharp knife, cut a pocket into the side of each chicken breast, being careful not to slice all the way through.
3. Season the chicken on both sides with garlic powder, Italian seasoning, paprika, salt, and black pepper.
4. In a skillet over medium heat, add the butter or olive oil and sauté the minced garlic for about 30 seconds.
5. Add the spinach and cook just until wilted. Remove from heat and let it cool slightly.
6. In a bowl, combine the spinach, roasted red peppers, mozzarella, and Parmesan if using.
7. Spoon the filling into each chicken breast pocket. Secure with toothpicks if needed.
8. Heat the tablespoon of olive oil in a large oven-safe skillet over medium-high heat. Sear the stuffed chicken for 2 to 3 minutes per side, until lightly golden.
9. Transfer the skillet to the oven, or move the chicken to your prepared baking dish, and bake for 18 to 25 minutes, depending on thickness, until the chicken is cooked through.
10. Let the chicken rest for a few minutes before serving. Remove toothpicks and serve warm.

### SWAPS & NOTES

Fresh mozzarella gives you a richer, softer filling, while

shredded mozzarella is a little easier to work with and melts beautifully.

Jarred roasted red peppers are perfect for this recipe and save a lot of time.

Just make sure to pat them dry so the filling does not become

watery.

Frozen spinach can work in place of fresh spinach, but it should be thawed and squeezed very dry before using.

### TIPS FOR SUCCESS

It is tempting to pack in as much filling as possible, but a slightly lighter hand makes the chicken easier to seal and helps keep the filling from spilling out while cooking.

A quick sear before baking adds great color and helps build extra flavor.

It also gives the chicken a more polished, restaurant-style finish.

Try to choose chicken breasts that are similar in size so they cook evenly.

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

Original recipe: <https://chefmaniac.com/roasted-red-pepper-spinach-and-mozzarella-stuffed-chicken-for-an-easy-impressive-dinner/>