

Chard and Feta Stuffed Chicken Breast

Ingredients:

- 2 boneless, skinless chicken breasts
- 4 large chard leaves
- 1/2 cup crumbled feta cheese
- 1/4 cup sun-dried tomatoes, chopped
- 2 tablespoons pine nuts
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Butterfly the chicken breasts by slicing them horizontally almost all the way through, then open them like a book.
3. Wash the chard leaves and pat them dry. Remove the stems and place one chard leaf on each opened chicken breast.
4. In a bowl, mix the crumbled feta cheese, chopped sun-dried tomatoes, and pine nuts. Divide the mixture evenly between the chard leaves on the chicken breasts.
5. Carefully fold the chicken breasts over the filling and secure them with toothpicks if needed.
6. Heat olive oil in an oven-safe skillet over medium-high heat. Season the stuffed chicken breasts with salt and pepper.
7. Place the chicken breasts in the skillet and sear them for about 2-3 minutes on each side until browned.
8. Transfer the skillet to the preheated oven and bake for about 15-20 minutes or until the chicken is cooked through and no longer pink in the center.
9. Remove from the oven and let the chicken rest for a few minutes before serving.
10. Slice the stuffed chicken breasts and serve them alongside a fresh salad or roasted vegetables for a flavorful and satisfying meal.