

One Pan Goat Cheese & Spinach Stuffed Chicken with Broccoli

6 ingredients · 35 minutes · 2 servings



Directions

1. Preheat oven to 375 F.
2. Make a slice lengthwise in each chicken breast to create a deep pocket. Coat well with half the oil and set aside.
3. In a bowl, mix together the ricotta, spinach and half the sea salt until well combined. Stuff the ricotta mix into each chicken breast. Transfer chicken to the middle of a glass baking dish.
4. Add broccoli to the baking dish and coat with the remaining oil. Sprinkle the remaining salt over the broccoli and chicken. Bake for 30 minutes or until chicken is tender and cooked through.
5. Remove the chicken from the oven and serve. Enjoy!

Notes

No Goat Cheese

Sub cashew cheese or tofu ricotta cheese instead.

No Avocado Oil

Use olive oil or coconut oil instead.

Leftovers

Keep refrigerated in an airtight container up to 3 days.

Ingredients

- 8 ozs** Chicken Breast (boneless)
- 2 tbsps** Avocado Oil (divided)
- 1/2 cup** Goat Cheese
- 2 cups** Baby Spinach (finely chopped)
- 1/2 tsp** Sea Salt (divided)
- 4 cups** Broccoli (chopped into florets)