

# AI-Powered Recipe

**\*\*Creamy Garlic Chicken & Spinach Stuffed with Cheese\*\***

**\*\*Ingredients:\*\***

- \* Chicken breasts: 2 medium-sized (about 6 oz each)
- \* Fresh spinach: 5 oz, roughly chopped
- \* Garlic: 4 cloves, minced
- \* Cream cheese: 4 oz, softened
- \* Shredded mozzarella cheese: 1/2 cup
- \* Olive oil: 2 tablespoons
- \* Salt: 1/2 teaspoon
- \* Black pepper: 1/4 teaspoon
- \* Dried Italian herbs: 1/2 teaspoon
- \* Chicken broth: 1/4 cup (optional, for deglazing pan)

**\*\*Instructions:\*\***

1. **\*\*Prepare the Chicken:\*\*** Preheat oven to 375°F (190°C). Butterfly each chicken breast by slicing horizontally almost all the way through, then opening it like a book.
2. **\*\*Sauté Garlic and Spinach:\*\*** Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the minced garlic and sauté for about 30 seconds, until fragrant. Add the spinach and cook until wilted, about 2-3 minutes.
3. **\*\*Make the Cheese Filling:\*\*** In a medium bowl, combine the softened cream cheese, shredded mozzarella cheese, and the cooked spinach mixture. Mix well until evenly combined.
4. **\*\*Stuff and Bake:\*\*** Spread half of the cheese and spinach mixture evenly over the inside of each butterflied chicken breast. Fold the chicken breast closed, making sure the filling is sealed inside.
5. **\*\*Sear and Bake:\*\*** Heat the remaining 1 tablespoon of olive oil in the same skillet over medium-high heat. Sear the stuffed chicken breasts for 2-3 minutes per side to get a nice golden-brown crust.
6. Transfer the skillet (or the chicken breasts) to the preheated oven. Bake for 20-25 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F.
7. **\*\*Rest and Serve:\*\*** Remove from oven and let the chicken rest for 5 minutes before removing toothpicks and slicing. Serve immediately.

**\*\*Optional Nutrition Information (per serving, estimated):\*\***

- \* Calories: Approximately 450
- \* Protein: 45g
- \* Fat: 25g
- \* Carbohydrates: 5g

**\*Note:** Nutrition information is an estimate and can vary based on specific ingredients and portion sizes.\*