

## **Chicken Stuffed with Spinach and Sun dried Tomato**

Servings: 4

2 teaspoon(s) olive oil  
4 - 4 oz. chicken breasts, (about 1/2" thick)  
6 small sun-dried tomatoes, slice  
2 small garlic cloves, minced  
1 8 oz. spinach, frozen, Thawed and excess water squeeze out  
½ teaspoon(s) salt  
½ teaspoon(s) pepper, ground  
¼ teaspoon(s) thyme  
1 2 oz. Goat cheese  
1/3 cup(s) cream cheese, fat free  
1 ½ cup(s) chicken bouillon  
2 tablespoon(s) lemon juice  
2 tablespoon(s) Dijon mustard

### **Directions:**

Heat the oil in a large non-stick pan over medium-high heat. Add garlic, sun dry tomato and spinach.

Slit the middle of the chicken breast and stuffed them with the spinach mixture. Cook them in the pan until they cooked and golden brown. Transfer to a plate. Add the chicken bouillon, lemon juice, and Dijon mustard to the pan and scrape up the browned bits. Pour sauce on top of the chicken.

Option: Add a couple tablespoons of white wine at the end of the cooking process to give the sauce some additional flair.