

# Ingredients



4 large chicken breasts  
4 tablespoons olive oil divided  
1 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
1/4 teaspoon paprika  
For the Filling:  
2 cups chopped broccoli smaller pieces  
1/2 cup shredded cheddar cheese  
6 ounces cream cheese softened  
1 clove garlic minced  
Dash of salt and pepper

# Broccoli and Cheese Stuffed Chicken Breast

MOM  
fueling  
HUNGRY  
BOYS

## Instructions

- Preheat the oven to 375 degrees.
- Combine the salt, pepper, onion powder, garlic powder, and paprika in a small dish. Drizzle the olive oil over the chicken breasts. Rub the seasoning mixture on the chicken and coat entirely.
- Combine the filling ingredients in a bowl. Set aside.
- Cut out a wide pocket in each chicken breast, being careful not to cut all the way through.
- Stuff each chicken breast with the filling.
- Heat 2 tablespoons of olive oil in a large oven-safe skillet over medium-high heat. Once heated, sear the stuffed chicken breasts on each side, but don't cook through. You may need to do this in two batches depending on the size of your chicken breasts. Place all 4 breasts in the skillet and transfer the skillet to the oven.
- Bake for 25-35 minutes until the chicken breasts are cooked through.

Notes: Chop your broccoli florets nice and small so they can all fit inside the chicken. Pick large chicken breasts.

