

Spanakopita-Stuffed Chicken Breasts

(Adapted from Better Home and Gardens One-Pan Recipes)

1 small lemon
3 tablespoon olive oil
1 medium onion, finely chopped (1/2 cup)
2 cloves garlic, minced
1 10-ounce package frozen chopped spinach, thawed and well drained
1/3 cup crumbled feta cheese
3 tablespoons snipped fresh dill
1/4 teaspoon ground nutmeg
1/4 teaspoon ground black pepper
4 chicken breast halves (about 2 pounds)
1/2 teaspoon salt
2 medium lemons, halved
snipped fresh dill (optional)

Preheat oven to 375 degrees F. Lightly coat a 3-quart rectangular baking dish with cooking spray; set aside. Squeeze lemon juice from small lemon (You should have 2 tablespoons); set aside. In a medium skillet, heat 2 tablespoons of the oil over medium heat. Add onion and garlic; cook for 4 to 6 minutes or until tender. Remove from heat. Add spinach, feta cheese, the 3 tablespoons dill, 1 tablespoon of the reserved lemon juice, the nutmeg, and pepper to skillet; stir to combine.

Using your fingers, gently separate chicken skin from each breast half along the rib edge to make a pocket. Season chicken with salt. Spoon one-fourth of the stuffing mixture under skin of each breast half; press down to create an even layer.

Place chicken, bone sides down, in the prepared baking dish. Add lemon halves. combine remaining olive oil and remaining reserved lemon juice; drizzle over chicken. Bake, uncovered, for 35 to 40 minutes or until chicken is no longer pink (170 degrees F). If desired, sprinkle with additional dill.