



Healthy Never Tasted Like This: Pesto Stuffed Chicken Magic

Think healthy eating means boring chicken breasts? Think again. This Pesto Stuffed Chicken is a total flavor bomb—loaded with vibrant spinach, rehydrated sundried tomatoes, and homemade pesto, then oven-baked until perfectly juicy. It's clean, craveable, and shockingly easy to make. Whether you're cooking for one or showing off for guests, this recipe proves that healthy *really* does taste delicious.

Ingredients

- 3 organic boneless, skinless chicken breasts
- 1 small package baby spinach, washed
- $\frac{2}{3}$ cup Ultimate Kale Pesto (find the recipe on this website)
- $\frac{1}{2}$ cup rehydrated sundried tomatoes (not packed in oil)
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon dried parsley
- Pinch of salt
- Salt and pepper to taste
- Butcher's twine or cooking twine

Procedure

1. Preheat the oven to 375°F (190°C) so it's ready to go once the chicken is prepped.
2. Line a baking pan with parchment paper and set aside.
3. Rinse the chicken breasts and pat them dry with paper towels. Set aside.
4. Slice and Rehydrate the sundried tomatoes.
 - If your sundried tomatoes aren't already sliced, cut them lengthwise into strips.
 - Rehydrate the tomatoes by soaking in $\frac{1}{2}$ cup warm water for about 30 minutes. Drain before using.
5. In a small bowl, combine the garlic powder, onion powder, parsley, and a pinch of salt. Set aside.
6. Butterfly the chicken breast.

- One at a time, lay the chicken breast flat on a clean cutting board with the thickest side facing your dominant hand.
 - Press gently on top of the chicken with your non-dominant hand to keep it steady.
 - With a sharp knife, slice horizontally through the thickest part, stopping about ½ inch before the other side.
 - Open the chicken like a book—this is your stuffing pocket.
7. Stuff the Chicken. Lightly season the inside of each butterflied chicken breast with salt and pepper (optional).
 - Add a layer of fresh spinach.
 - Spread a heaping spoonful of pesto over the spinach.
 - Add a single layer of sundried tomatoes.
 - Top with another layer of spinach.
 8. Tie the stuffed chicken up to prevent the stuffing from falling out.
 - Cut three pieces of butcher's twine per chicken breast.
 - Slide the first piece underneath the chicken and tie securely near one end.
 - Repeat in the middle and near the opposite end.
 9. Once all three breasts are tied, sprinkle the chicken with the seasoning blend. Flip and season the other side.
 10. Bake. Place the tied, seasoned chicken breasts on the baking sheet lined with parchment paper. Bake for 20–30 minutes, or until the internal temperature reaches 165°F and the chicken is cooked through.
 11. Let the chicken rest about 10 minutes then remove the string by cutting the cooking twine

This chicken is delicious served along side steamed broccoli or cauliflower. And the leftovers are delicious the next day as this is an excellent meal prep dish.

Watch the cooking demo on my YouTube channel [HERE](#).

Bon Appetit!