Cajun Chicken Stuffed With Pepper Jack Cheese and Spinach Recipe

**SERVINGS: 4**  
  
**INGREDIENTS**

* 1 lb (16 oz) boneless, skinless chicken breasts
* 3 oz reduced fat pepper jack cheese (Shredded)
* 1 cup frozen spinach thawed and drained (or fresh cooked)
* 2 tsp olive oil
* 2 tbsp Cajun seasoning (see recipe below if you want to make homemade)
* 1 tbsp bread crumbs
* Toothpicks

**INSTRUCTIONS**

1. Preheat oven to 350º F degrees.
2. Flatten the chicken to 1/4-inch thickness.
3. In a medium bowl, combine the pepper jack cheese, spinach, salt and pepper.
4. Combine the Cajun seasoning and breadcrumbs together in a small bowl.
5. Spoon about 1/4 c of the spinach mixture onto each chicken breast. Roll each chicken breast tightly and fasten the seams with several toothpicks.
6. Brush each chicken breast with the olive oil. Sprinkle the Cajun seasoning mixture evenly over all.
7. Sprinkle any remaining spinach and cheese on top of chicken (optional).
8. Place the chicken seam-side up onto a tin foil-lined baking sheet (for easy cleanup).
9. Bake for 35 to 40 minutes, or until chicken is cooked through.
10. Remove the toothpicks before serving. Count to make sure you have removed every last toothpick.
11. Serve whole or slice into medallions.

**Cajun Seasoning** (makes approximately 2 tablespoons)

* ¾ tbsp paprika
* ¾ tsp onion powder
* ¾ tsp garlic powder
* ¼ tsp black pepper
* ½ tsp cayenne pepper
* ¼ tsp white pepper
* ¼ tsp cumin
* ¼ tsp thyme
* ¼ tsp oregano

**NUTRITION FACTS**  
1 serving (4 servings per recipe)  
Calories: 241  
Total Fat: 9.7g  
Total Carbohydrates: 2g  
Dietary Fiber: 1g  
Sugars: 0g  
Total Protein: 32g