



## Stuffed Chicken Breast

*Chicken is definitely our post-weight loss surgery go-to for protein. When you place chicken in the air fryer it will completely elevate your whole recipe.*

### Ingredients:

- 3/4C Feta cheese
- 1/2C Spinach
- 3T Low-fat cream cheese
- 1T Minced garlic
- 1lb Bonless chicken

### Directions:

1. In a bowl mix Feta cheese, spinach, cream cheese and garlic.
2. Cut chicken lengthwise, then cut to make 4 equal portions
3. Use a tenderizer to flatten
4. Spread mixture over chicken. Roll up and place in air fryer basket
5. Air fry at 375 degrees for 8-10 minutes. Flip chicken and cook for an additional 8-10 minutes.

*“With a new day comes new strength and new thoughts.” — Eleanor Roosevelt*

