



# Sun Dried Tomato Stuffed Chicken Breast Recipe

## The First Bite

I remember the smell from my friend's kitchen. Garlic, herbs, and roasted tomatoes filled the air. She served me this golden, stuffed chicken. The first bite was pure joy. Creamy cheese and tangy tomatoes burst out. **Ever wondered how to make a simple chicken breast unforgettable?** This recipe is the magic answer. It turns a basic meal into a celebration. That dinner changed my cooking forever. I knew I had to make it myself.

## My Kitchen Adventure

My first try was a bit messy. I did not seal the chicken well enough.

Some filling tried to escape in the pan. I used extra toothpicks to keep it all together. It still tasted amazing, even if it looked messy. **This shows that home cooking is about heart, not perfection.** A small mess means you are trying something new. What was your last fun kitchen mistake? Share your stories below.

## Why It Tastes So Good

Two things make this dish special. First, the salty brine makes the chicken incredibly juicy. Second, the filling offers a perfect texture mix. You get creamy, cheesy, and chewy all at once. The sear on the outside adds a nice crisp crust. **Which flavor combo surprises you most: the cheese and tomato or the spinach and chicken?** Let me know what you think. I love hearing your opinions.

## A Little Bit of History

Stuffed meats have roots in many cultures. Italian cooks often use sun-dried tomatoes. They are a great way to add summer flavor year-round. This dish feels both rustic and fancy. It is perfect for a family dinner or guests. \*Did you know sun-drying tomatoes is an ancient preservation method?\* It concentrates their sweet, tangy taste. This recipe brings old-world charm to your modern table. Will you try making it this week?





## Sun Dried Tomato Stuffed Chicken Breast Recipe

## Ingredients:

Ingredient	Amount	Notes
Chicken breasts	4	Boneless and skinless (8-ounces each)
Kosher salt	$\frac{1}{4}$ cup	
Cream cheese	4 ounces	
Baby spinach leaves	1 cup	Roughly chopped
Sundried tomatoes	$\frac{1}{2}$ cup	In olive oil with herbs
Mozzarella cheese	1 cup	Grated
Black pepper	$\frac{1}{2}$ teaspoon	
Coarse sea salt	$\frac{1}{2}$ teaspoon	
Olive oil	2 tablespoons	
Grape tomatoes	1 cup	Halved

## How to Make Sun-Dried Tomato Stuffed Chicken

**Step 1** First, you must brine the chicken. Place the breasts in a big bowl with salt. Cover them completely with cold water. Let them soak for at least thirty minutes. (Hard-learned tip: This brine keeps your chicken super juicy and tender, never dry!)

See also [Honey Lemon Garlic Chicken Recipe](#)

**Step 2** Next, pat the chicken dry with paper towels. Make a careful slice into each breast's side. Do not cut all the way through it. You are making a little pocket for the filling.

**Step 3** Now, mix up your delicious filling. Combine the cream cheese, spinach, and both cheeses. Stuff this mixture into each chicken pocket.

Use a toothpick to seal the opening shut.

**Step 4** Heat some oil in a large, oven-safe skillet. Sear the chicken on both sides until golden brown. Do not crowd the pan while you do this. Work in batches for the best color.

**What is the best tool to check if chicken is fully cooked? Share below!**

**Step 5** Finally, scatter halved tomatoes around the chicken. Bake everything at 400°F for about 15 minutes. Cook until the inside reaches 165°F. Let it rest for five minutes before serving.

**Cook Time:** 25 minutes

**Total Time:** 1 hour 5 minutes

**Yield:** 4 servings

**Category:** Dinner, Chicken

## Try These Tasty Twists

This recipe is wonderful for trying new things. You can easily change the flavors inside. Here are a few fun ideas for your next meal.

**Pesto Power:** Swap sun-dried tomatoes for a few spoonfuls of basil pesto.

**Spicy Kick:** Add chopped jalapeños and use pepper jack cheese.

**Mediterranean Style:** Use feta cheese and add some chopped kalamata olives.

**Which spin would you try first? Tell me in the comments!**

## Serving Your Masterpiece

This chicken is a full meal by itself. But it also loves good company. I love it with simple buttered noodles or creamy mashed potatoes. A crisp green salad on the side is also perfect.

See also Easy Low-Temp Poached Shredded Chicken for Recipes  
For drinks, try a chilled glass of pinot grigio. A sparkling lemonade is

great for the kids. Both choices cut through the rich cheese beautifully.  
**Which would you choose tonight, the wine or the lemonade?**





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### Keeping It Fresh

Store leftovers in a sealed container. They will last three days in your fridge. You can also freeze them for a month. Thaw in the fridge before reheating. Warm it in the oven for the best taste. This keeps the cheese nice and gooey. My grandkids love finding this ready for dinner. Batch cooking this dish saves so much time. Make a double batch and freeze half. A ready-made meal is a lifesaver on busy nights.

### Simple Fixes for Common Hiccups

Is your filling leaking out? Just use more toothpicks to seal it tight. If the chicken is dry, you might have overcooked it. Always use a meat thermometer to check for 165°F. The salt level seems high? Rinse the chicken well after brining. This step removes extra salt from the surface. Why does this matter? Perfect seasoning makes every bite delicious. What's your biggest cooking challenge? I love hearing your kitchen stories.

### Your Questions, Answered

**Q: Can I make this gluten-free?** A: Yes, this recipe is naturally gluten-free. Just check your sun-dried tomato labels.

**Q: How far ahead can I prep this?** A: You can stuff the chicken a day before. Keep it covered in your fridge until cooking.

**Q: What can I use instead of cream cheese?** A: Try goat cheese or ricotta. Both will give a lovely creamy texture.



**Q: Can I double this recipe for a crowd?** A: Absolutely! It scales up very well. Use two pans for browning.

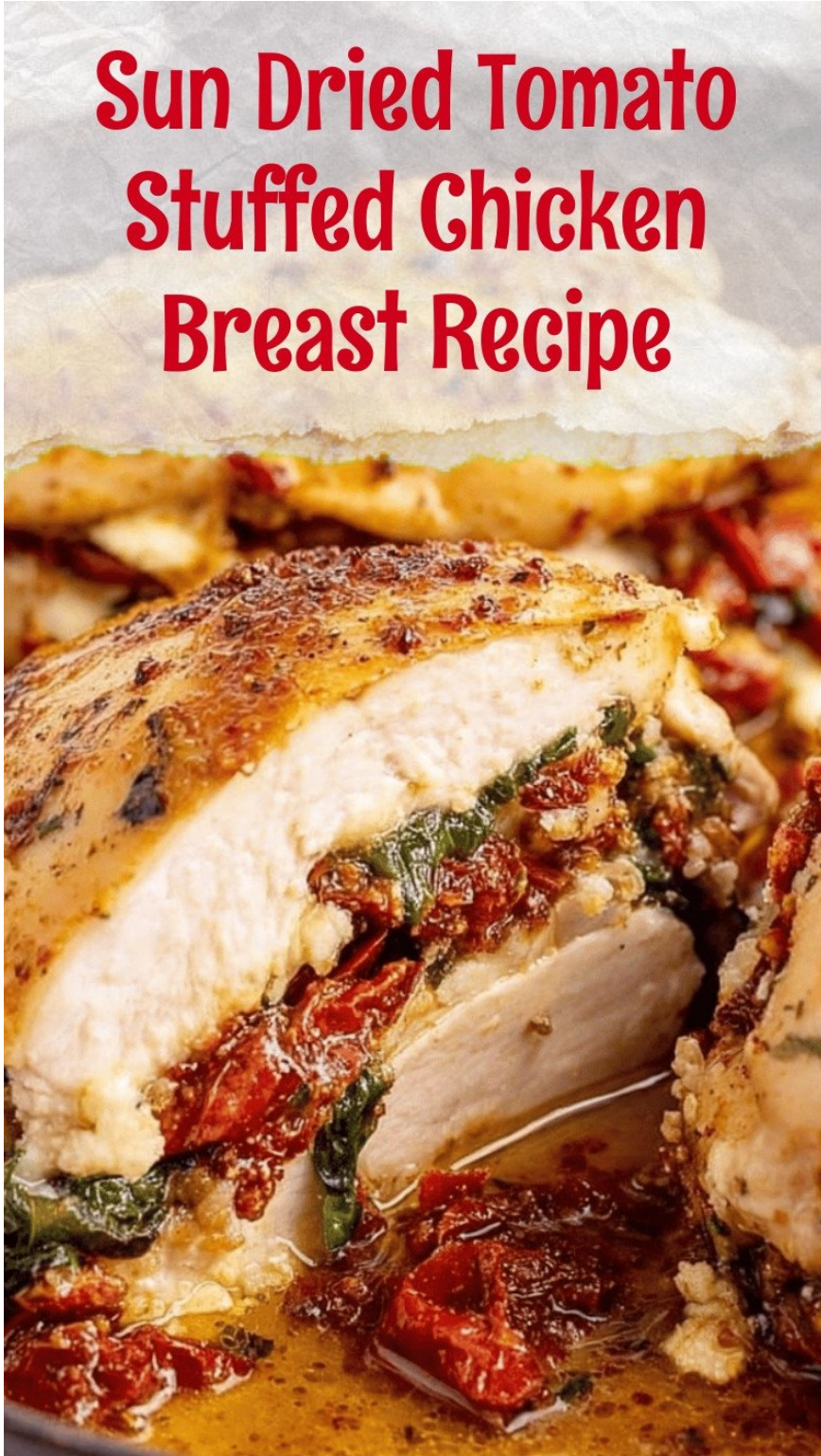
**Q: My family hates spinach. Any swaps?** A: Try chopped basil or roasted red peppers. They add great flavor and color.

## Share Your Masterpiece

I hope this dish brings joy to your table. It is a true comfort food for my family. Seeing your creations makes my day. Please share your photos with me. Tag **Savory Discovery on Pinterest**. Happy cooking!  
—Elowen Thorn.

See also [Lemon Chicken Gnocchi with Tangy Easy Flavors](#)

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Author: Elowen Thorn



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Cooking Method: [Stovetop Baking](#)



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Cuisine: [American](#)





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Difficulty: **Beginner**



## Sun Dried Tomato Stuffed Chicken Breast Recipe | 19

Prep time: **40 minutes**



## Sun Dried Tomato Stuffed Chicken Breast Recipe | 20

Cook time: **25 minutes**





## Sun Dried Tomato Stuffed Chicken Breast Recipe | 21

Rest time: **5 minutes**



## Sun Dried Tomato Stuffed Chicken Breast Recipe | 22

Total time: **1 hour 10 minutes**



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Servings: **4 servings**



## Sun Dried Tomato Stuffed Chicken Breast Recipe | 24

Calories: **kcal**





Best Season:**Summer**

## **Description**

Sun dried tomato stuffed chicken breasts are a flavorful, easy-to-make

dish perfect for any dinner. With gooey cheese, spinach, and sun-dried tomatoes, it's a family favorite.

## Ingredients

- ☐ 4 chicken breasts ((boneless and skinless (8-ounces each))
- ☐ ¼ cup kosher salt
- ☐ 4 ounces cream cheese
- ☐ 1 cup baby spinach leaves ((roughly chopped))
- ☐ ½ cup sundried tomatoes ((in olive oil with herbs))
- ☐ 1 cup mozzarella cheese ((grated))
- ☐ ½ teaspoon black pepper
- ☐ ½ teaspoon coarse sea salt
- ☐ 2 tablespoons olive oil
- ☐ 1 cup grape tomatoes ((halved))

## Instructions

1. Place chicken breasts in a large bowl and add kosher salt. Fill the bowl with water to cover chicken breasts and stir to dissolve the salt. Allow the chicken to sit in the “brine” for at least 30 minutes.
2. Remove chicken from brine and pat dry with paper towels.
3. Slice a slit into the side of each chicken breast, being careful not to slice the chicken all the way through.
4. Divide the cream cheese, spinach, sun-dried tomatoes, and mozzarella between the chicken breasts and layer the ingredients inside (the order of layering isn't important).
5. Use a toothpick to close up and hold each stuffed chicken breast together. Sprinkle both sides of the chicken with salt and pepper.
6. Preheat the oven to 400°F.
7. Heat olive oil in a large skillet over medium-high heat. Sear the

chicken, browning for several minutes on each side. You may need to brown the chicken in batches so that there is space between the chicken while browning. Do not overcrowd. When the pieces are browned, remove them to a plate to fit the remaining pieces in the pan.

8. Return all of the chicken to the skillet. Sprinkle grape tomatoes over the chicken.
9. Bake for 10 to 15 minutes or until the chicken is cooked all the way through and registers 165°F.
10. Remove from the oven and allow chicken breasts to rest for about 5 minutes before serving.

Keywords: Chicken, Sun-Dried Tomato, Stuffed, Cheese, Spinach