



SPINACH AND SWISS CHEESE STUFFED CHICKEN THIGHS

By Dr. Cindy Tanzar
(Maintenance Recipe)

This recipe is so delicious! It really is easy to make, yet very impressive as a main entrée for guests. The sauce is very flavorful, especially spooned over cauliflower rice with a stuffed chicken thigh on top. This recipe is a great example of how to integrate an item you may want to add back in during maintenance (cheese), yet still have a meal otherwise good for the weight loss program. Since this is a maintenance recipe, exact portions are not provided.

However, 1 to 1-1/2 chicken thighs should be a good protein serving, depending on the size of the thighs. The filling contains 1/4-1/3 cup of cooked vegetable.



INGREDIENTS

Filling:

- 1 Tbsp. avocado oil
- 1 medium onion, chopped
- 1 16 oz. package frozen, chopped spinach
- 1/2 tsp. paprika



Pink Himalayan salt and black pepper, to taste

1 cup organic Swiss cheese, shredded

Chicken Thighs:

8 organic chicken thighs, boneless/skinless

1 tsp. dried oregano

1/2 tsp. paprika

Sprinkle with Pink Himalayan salt and black pepper

Sauce:

1/2 cup organic chicken broth

1 tsp. dried oregano

1/2 tsp. paprika

Topping:

1/4-1/2 cup shredded Swiss cheese

INSTRUCTIONS

Preheat the oven to 350°F.

Heat oil in a skillet over medium heat. Add onion and sauté 4-5 minutes. Add spinach, salt and pepper, cooking for two minutes. Cool for a few minutes, then add the Swiss cheese and mix. Set aside.

Open the chicken thighs and season both sides with the salt, pepper, oregano and paprika. Lay flat with the inside up.

Place 2-3 Tbsp of spinach and cheese on each thigh, dispersing it evenly between each thigh. Roll the thighs (or sandwich them), using two toothpicks per thigh to secure them shut. Place them into a 9x13 baking dish, combine the sauce ingredients and pour it over the thighs.

Cover the dish with foil and bake for 30 minutes. Remove foil and sprinkle the remaining cheese on top. Bake another 10 minutes or until cheese is melted. Enjoy!