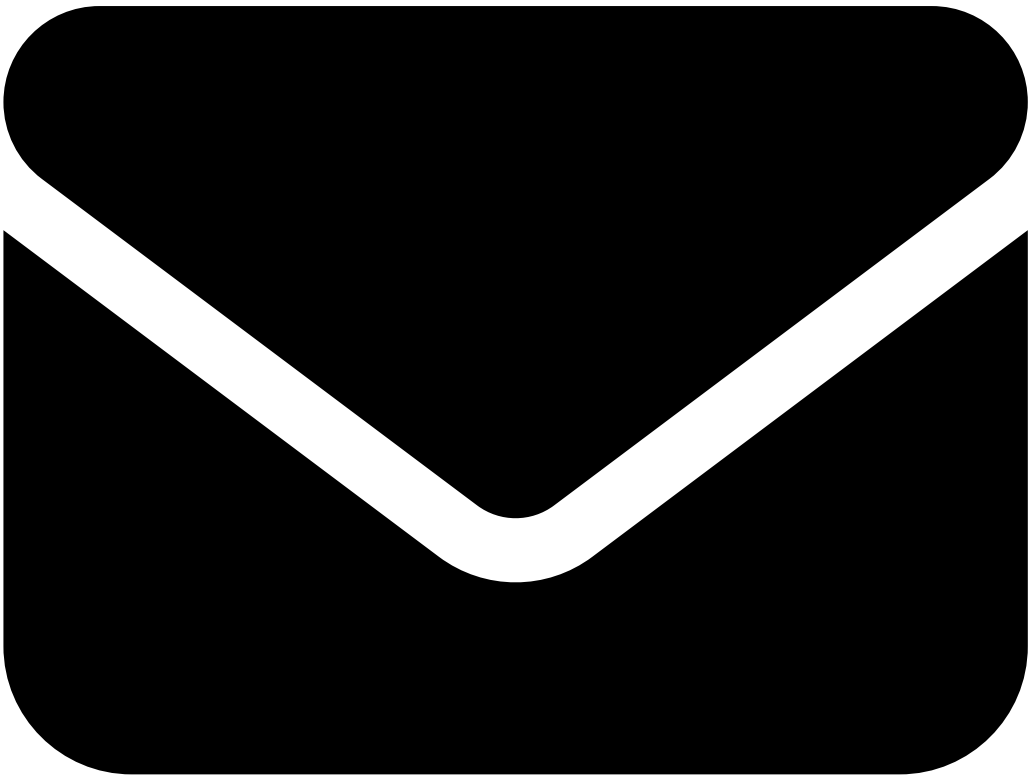
Stuffed Chicken Breast with Spinach, Mushrooms and Mozzarella

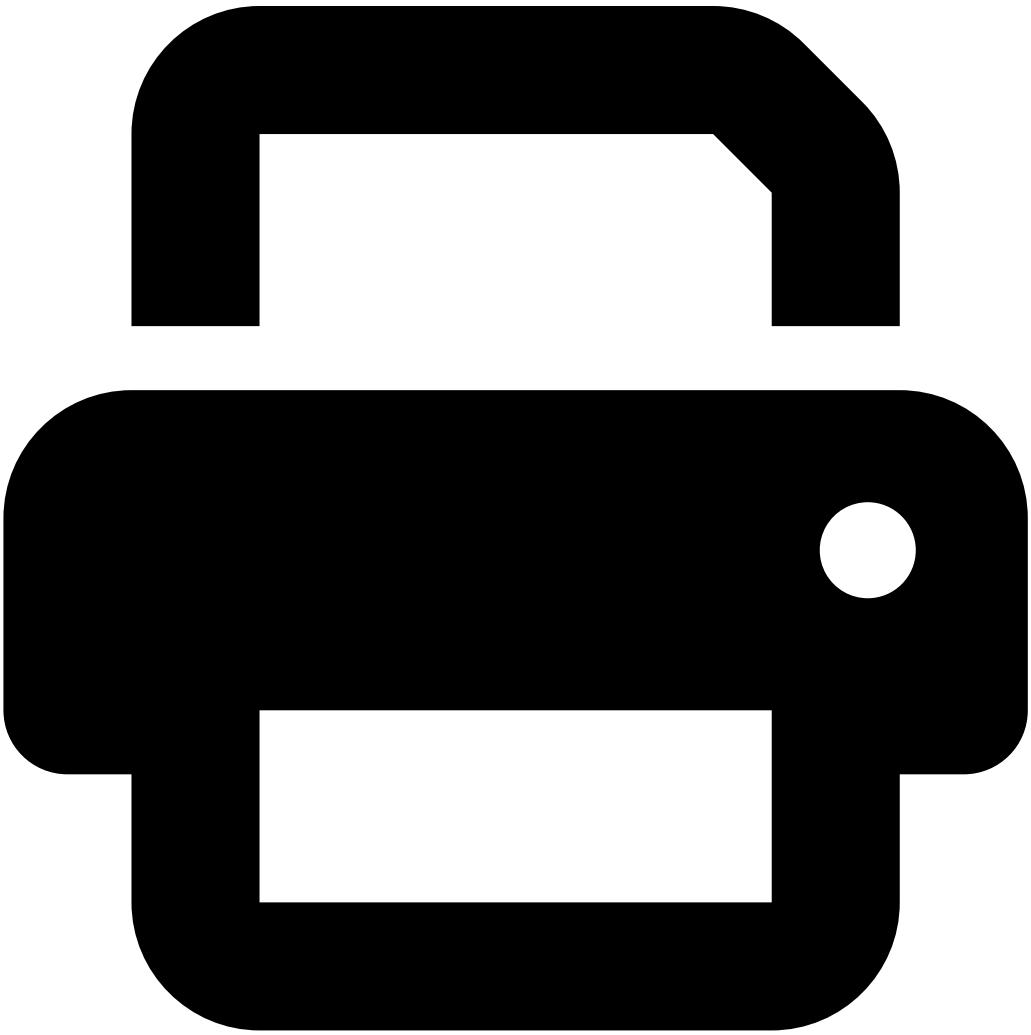
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September has always been my favorite time of year. There’s something about the change in the air, the days getting a little shorter, and the feeling that it’s time to slow down and get back into the kitchen.

After spending 40 years in the restaurant business, I’ve cooked more dinners than I could ever count. I’ve learned that some of the best recipes aren’t necessarily the most complicated ones—they’re the dishes that bring together simple ingredients and make everyone want to sit down at the table.

This **stuffed chicken breast with spinach, mushrooms, and mozzarella** is one of those recipes.

It reminds me of the kind of food I loved cooking in the restaurant as we moved from summer into fall—something comforting and satisfying, but still fresh and approachable. Tender chicken is filled with sautéed mushrooms and spinach,

layered with mozzarella, rolled jelly-roll style, and baked until juicy. Then comes my favorite part: more mozzarella on top, baked until it’s melted, bubbly, and wonderfully gooey.

September is when I start craving food like this. Not quite the heavy comfort food of winter, but dinners that feel a little warmer, a little cozier, and made for gathering around the table.

And after all those years cooking professionally, I still love nothing more than making a simple dinner at home that feels special.

Things to know about this stuffed chicken breast recipe

- **Pound the chicken evenly.** This is important for even cooking and makes the breasts much easier to roll.
- **Cook the mushrooms and spinach first.** Sautéing the vegetables removes excess moisture so the filling doesn’t make the chicken watery.
- **Don’t overstuff.** A moderate layer of filling and mozzarella makes the chicken easier to roll and keeps the filling inside.
- **Roll it tightly, jelly-roll style.** Place the seam side down in the baking dish and use toothpicks if needed to hold everything together.
- **Use mozzarella that melts well.** Low-moisture shredded mozzarella works especially well for that gooey topping.
- **Don’t skip the second bake.** The extra mozzarella on top is what gives this chicken its golden, bubbly finish.
- **Check the temperature.** Chicken should reach **165°F** in the thickest part before serving.
- **Let it rest.** Give the chicken about 5 minutes before

slicing so the juices stay in the chicken and the cheese has a chance to settle.
- **Slice before serving.** Cutting the rolls into rounds shows off that beautiful spinach, mushroom, and mozzarella filling.

What to Serve with Stuffed Chicken

This chicken pairs beautifully with simple Italian-inspired sides. Try serving it with:

- Roasted potatoes
- Creamy polenta
- Garlic mashed potatoes
- Roasted vegetables
- A simple green salad
- Crusty Italian bread

The melted cheese and savory mushroom-spinach filling also make this chicken delicious with a simple pan sauce or a spoonful of marinara on the side.

More Italian-Inspired Chicken Recipes

If you enjoyed this stuffed chicken breast, there are plenty more comforting chicken recipes to try. From easy weeknight dinners to classic Italian-American favorites, these recipes are perfect for bringing everyone to the table.

Looking for more chicken dinner ideas?

Try my **Chicken Marsala**, a classic favorite with tender chicken and a rich mushroom sauce. For something cozy and comforting,

my **Italian Holiday Chicken Soup** is filled with tender chicken, meatballs, and hearty greens. And if you're craving something creamy and satisfying, don't miss my **Chicken Valdostana chicken breasts** Chicken with Prosciutto and Fontina For more easy, flavorful meals, browse all of my **Italian-Inspired Recipes**—simple recipes made for home cooks and meant to be shared.

Kitchen Tools for This Recipe

You don't need a lot of special equipment to make this stuffed chicken, but a few basic kitchen tools make the process easier:

- **Meat mallet** – for pounding the chicken breasts evenly
- **Sharp chef's knife** – for butterflying the chicken
- **Large skillet** – for sautéing the mushrooms and spinach
- **9×13-inch baking dish** – for baking the stuffed chicken
- **Instant-read thermometer** – to check that the chicken reaches 165°F

Which one will you make next?

Stuffed Chicken Breast with Spinach, Mushrooms and Mozzarella



Boneless chicken breasts are filled with sautéed mushrooms and spinach, along with plenty of melty mozzarella. The chicken is rolled jelly-roll style, baked until tender and juicy, then topped with even more mozzarella and returned to the oven until the cheese is melted, bubbly, and gooey.

For the chicken

- 4 boneless, skinless chicken breasts
- 2 Tbsp. olive oil
- 1 Tbsp. Italian seasoning
- salt and pepper to taste

for the filling

- 2 Tbsp. olive oil
- 8 oz. mushrooms, cremini , button or baby portabellas thinly sliced
- 8 oz. fresh spinach
- 1 cup shredded mozzarella
- 1 Tbsp. minced garlic
- 1/2 cup grated parmesan
- salt and pepper to taste

for the topping

- 1 cup shredded mozzarella

1. ## Prepare the Mushroom and Spinach Filling

   Heat the olive oil in a skillet over medium heat. Add the sliced mushrooms and garlic and sauté until the mushrooms are tender and lightly browned.

   Add the spinach and cook just until wilted. Season with salt, pepper, and Italian seasoning. Remove from the heat and allow the mixture to cool slightly.

2. ## Prepare the Chicken

   Butterfly each chicken breast by carefully slicing horizontally through the thickest part, being careful not to cut all the way through.

   Open the chicken like a book and gently pound it to an even thickness. Season both sides with salt and pepper.

3. ## Fill and Roll

   Spread the mushroom and spinach mixture evenly over each chicken breast. Sprinkle with about 1 cup of the shredded mozzarella.

   Starting at one end, carefully roll each chicken breast into a tight cylinder, jelly-roll style. Secure with toothpicks.

   Place the chicken seam-side down in a lightly oiled baking dish.

4. ## Bake

   Bake in a preheated **375°F oven for 25–30 minutes**, or until the chicken reaches an internal temperature of **165°F**.

   sprinkle the mozzarella over the top of each chicken breast.

   Return to the oven for another **5–7 minutes**, or until the cheese is completely melted, bubbly, and golden.

   Let the chicken rest for about 5 minutes remove the toothpicks before slicing.

Don’t overfill the chicken. It can be tempting to add lots of filling, but too much will make the chicken difficult to roll

and can cause the filling to spill out during baking.

Main Course
Italian
Stuffed Chicken Breast Recipe