

Creamy Tuscan Chicken with Spinach & Sun-Dried Tomatoes

When you want a meal that feels fancy but takes less than 30 minutes,



TIME
30 min

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INGREDIENTS

? Protein:

4 boneless, skinless chicken breasts

? Seasonings:

1 tsp garlic powder

1 tsp onion powder

1 tsp smoked paprika

Salt & pepper, to taste

? Oils & Liquids:

2 tbsp olive oil

1 cup heavy cream

¾ cup chicken broth

? Cheese:

¾ cup grated Parmesan cheese

?? Vegetables & Herbs:

1 cup sun-dried tomatoes, chopped

2 cups fresh spinach

4 cloves garlic, minced

Fresh basil, for garnish

DIRECTIONS

1. **Season the Chicken:** Coat chicken breasts evenly with garlic powder, onion powder, smoked paprika, salt, and pepper.
2. **Sear the Chicken:** Heat olive oil in a large skillet over medium-high heat. Add chicken and sear for 4-5 minutes per side, until golden brown and cooked through. Remove and set aside.
3. **Make the Creamy Sauce:** In the same skillet, reduce heat to medium. Sauté minced garlic for 1 minute until fragrant. Add heavy cream and chicken broth, stirring to combine. Slowly stir in the Parmesan cheese until melted and smooth.
4. **Add Tomatoes & Spinach:** Mix in chopped sun-dried tomatoes and fresh spinach. Let it simmer for 2-3 minutes, until the spinach wilts.
5. **Finish the Dish:** Return the seared chicken to the skillet. Spoon sauce over the top and let everything simmer for another 5 minutes to meld the flavors.
6. **Garnish & Serve:** Top with fresh basil. Serve hot with your favorite sides.

TIPS FOR SUCCESS

Don't overcook the chicken - It's best when just cooked through, juicy and tender.

Use oil-packed sun-dried tomatoes for the best flavor.

Add a splash of white wine to the sauce for an extra layer of richness.

Serve with sautéed zucchini or cauliflower mash. ?

