

## Easy Garlic Chicken with Broccoli - A 25-Minute Dinner Solution

Garlic Chicken with Broccoli and Spinach ???



**TIME**  
**25 min**

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**ChefManiac**

### INGREDIENTS

- 1 lb boneless, skinless chicken breasts
- 2 tbsp olive oil
- 4 garlic cloves, minced
- 2 cups broccoli florets
- 1/2 cup cherry tomatoes, chopped
- 1 cup fresh spinach
- 1/2 cup shredded mozzarella cheese
- 4 oz cream cheese
- 1 tsp Italian seasoning
- 1 tsp black pepper
- ... tsp salt (or to taste)

#### Swaps and Notes:

**Cheese:** Use cheddar or Monterey Jack instead of mozzarella for a stronger flavor.

**Cream cheese:** Greek yogurt or sour cream can work in a pinch.

**Veggies:** Add mushrooms, zucchini, or bell peppers if you've got them.

**Protein:** Swap chicken for turkey breast or rotisserie chicken to save time.

**Dairy-free:** Use vegan cheese and coconut cream for a plant-based twist.

#### Step-by-Step Directions:

Cut the chicken into bite-sized pieces for quick, even cooking.

Heat olive oil in a large skillet over medium heat.

Add chicken to the skillet and season with Italian seasoning, salt, and pepper. Cook for 5-6 minutes until browned and cooked through.

Add minced garlic and stir for 1 minute until fragrant.

Add broccoli and chopped tomatoes to the skillet. Cook for 5 more minutes, until broccoli is tender-crisp.

Stir in spinach, mozzarella, and cream cheese. Mix well to melt everything into a creamy sauce.

Cook 2 more minutes, stirring gently, until everything is hot and blended.

Remove from heat, garnish with chopped parsley, and serve warm.

Tips for Success:

Cut chicken evenly to ensure consistent cooking.

If the sauce is too thick, add a splash of chicken broth or water to loosen it.

Fresh broccoli works best, but frozen florets can be used (just thaw first).

Make it spicy with crushed red pepper flakes or a dash of hot sauce.

Serving Suggestions & Pairings:

Cauliflower rice, zoodles, or pasta

A crusty piece of garlic bread

A fresh green salad

## DIRECTIONS

1. Cut the chicken into bite-sized pieces for quick, even cooking.
2. Heat olive oil in a large skillet over medium heat.
3. Add chicken to the skillet and season with : Italian seasoning, salt, and pepper. Cook for 5-6 minutes until browned and cooked through.
4. Add minced garlic and stir for 1 minute until fragrant.
5. Add broccoli and chopped tomatoes to the skillet. Cook for 5 more minutes, until broccoli is tender-crisp.
6. Stir in spinach, mozzarella, and cream cheese. Mix well to melt everything into a creamy sauce.
7. Cook 2 more minutes, stirring gently, until everything is hot and blended.
8. Remove from heat, garnish with chopped parsley, and serve warm.
9. Tips for Success: Cut chicken evenly to ensure consistent cooking.
10. If the sauce is too thick, add a splash of chicken broth or water to loosen it.
11. Fresh broccoli works best, but frozen florets can be used (just thaw first).
12. Make it spicy with crushed red pepper flakes or a dash of hot sauce.
13. Serving Suggestions & Pairings: This dish is filling on its own, but pairs beautifully with:
14. Cauliflower rice, zoodles, or pasta
15. A crusty piece of garlic bread
16. A fresh green salad

17. Want more crowd-pleasers? Try These Easy Turkey Wings or Easy Cheesy Chicken Sliders for variety
18. Storage and Leftover Tips: Store leftovers in an airtight container in the fridge for up to 3 days.
19. Reheat in a skillet with a splash of water or broth to restore creaminess.
20. This dish doesn't freeze well due to the cheese, but it's perfect for next-day lunches.
21. More Recipes You Will Love: Keep the skillet love going with these tasty options:
22. These : Easy Turkey Wings
23. This : Dorito Casserole
24. These : Sheet Pan Quesadillas
25. Easy : Cheesy Chicken Sliders

## SWAPS & NOTES

- savory, cheesy, garlicky, and veggie-loaded .

It's rich without being heavy and flexible enough to suit whatever ingredients you have on hand.

Plus, it all comes together in one skillet , making cleanup a breeze.

Whether you're meal prepping, watching carbs, or just need a fast, nourishing dinner, this recipe delivers on every front.

## TIPS FOR SUCCESS

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