

## Healthy Spinach Artichoke Chicken Recipe - No Heavy Cream!

### Spinach Artichoke Chicken Bake



**OVEN**  
**400°F**

**TIME**  
**25 to 30 min**

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**Recipe Card**

**SAVE**  
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#### INGREDIENTS

The Base:

2 pounds boneless, skinless chicken breasts: Cut into 1-inch bite-sized pieces for even cooking.

1 red bell pepper: Finely chopped for sweetness and color.

$\frac{1}{2}$  medium yellow onion: Finely chopped.

2 (13.5-ounce) cans quartered artichoke hearts: Drained and gently squeezed to remove excess water.

2 cups baby spinach: Roughly chopped.

$\frac{1}{2}$  cup freshly grated Parmesan (optional): For a salty, nutty finish.

The Zesty Dressing:

$\frac{1}{2}$  cup mayonnaise: This provides the creaminess without the heaviness of cream cheese.

4 garlic cloves: Minced fresh for the best punch.

1 lemon: You'll need 1 tablespoon of zest and 3 tablespoons of fresh juice.

1 teaspoon dried oregano

1 teaspoon dried thyme

1 teaspoon kosher salt

$\frac{1}{2}$  teaspoon freshly ground black pepper

#### DIRECTIONS

- 1.** Prep the : Oven: Preheat your oven to 400°F (200°C). This high heat ensures the chicken stays juicy while the vegetables soften perfectly.
- 2.** Prep the : Chicken and Veggies: Cut your chicken into 1-inch pieces. Place them in a large mixing bowl along with the chopped red pepper, onion, artichoke hearts, spinach, and Parmesan.
- 3.** Whisk the : Dressing: In a small separate bowl, whisk together the mayonnaise, minced garlic, lemon zest, lemon juice, oregano, thyme, salt, and pepper.
- 4.** Combine: Pour that creamy dressing over your chicken and vegetable mixture. Toss it gently with a spatula until every piece of chicken is well-coated.
- 5.** Pan and : Bake: Transfer everything into a 9x13-inch baking pan. Spread it out into an even layer so nothing is piled too high.
- 6.** Cook: Bake uncovered for 25 to 30 minutes. You're looking for the chicken to be cooked through and the edges of the artichokes and spinach to look slightly golden.

#### SWAPS & NOTES

The Chicken: You can use boneless skinless chicken thighs if you prefer darker meat; just keep in mind the fat content will increase slightly.

**The Veggies:** If you aren't a fan of red peppers, feel free to swap in sun-dried tomatoes or even sliced mushrooms.

**Dairy-Free:** To make this completely dairy-free, simply omit the Parmesan cheese.

The mayonnaise and lemon juice provide plenty of moisture and flavor on their own.

## TIPS FOR SUCCESS

**Dry the Artichokes:** This is the most important tip!

Canned artichokes hold a lot of water.

If you don't squeeze them out, your bake might end up a bit watery.

**Uniform Chicken:** Try to cut the chicken pieces into similar sizes so they all finish cooking at the same time.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/healthy-spinach-artichoke-chicken-recipe-no-heavy-cream/>