

This Creamy Tuscan Chicken Is a Restaurant-Level Dinner in 30 Minutes

There are several reasons why this Creamy Tuscan Chicken recipe stands out among the rest:



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30 min

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INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 cup heavy cream
- 1 cup chicken broth
- 1 cup fresh spinach
- 1/2 cup sun-dried tomatoes, chopped
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste
- Fresh basil for garnish (optional)

DIRECTIONS

- 1. Prepare the Chicken:** Season the chicken breasts with salt and pepper on both sides. This simple step enhances the flavor of the chicken.
- 2. Cook the Chicken:** In a large skillet, heat the olive oil over medium-high heat. Add the chicken breasts and cook for about 5-7 minutes on each side until they are golden brown and cooked through. Remove the chicken from the skillet and set aside.
- 3. Sauté the Garlic:** In the same skillet, add the minced garlic and sauté for about 30 seconds until fragrant. Be careful not to burn it, as burnt garlic can turn bitter.
- 4. Create the Sauce:** Pour in the chicken broth and heavy cream, stirring to combine. Bring the mixture to a simmer, then add the sun-dried tomatoes and spinach. Cook until the spinach wilts.
- 5. Add Cheese:** Stir in the grated Parmesan cheese until melted and the sauce thickens slightly. This is where the creaminess comes into play!
- 6. Combine:** Return the chicken to the skillet, spooning the sauce over the top. Let it simmer for an additional 2-3 minutes to heat through.
- 7. Serve:** Garnish with fresh basil if desired, and serve hot. Enjoy your restaurant-quality meal!

TIPS FOR SUCCESS

Use Fresh Ingredients: Fresh spinach and high-quality sun-dried tomatoes make a significant difference in flavor.

Adjust the Creaminess: If you prefer a lighter sauce, you can substitute half of the heavy cream with Greek yogurt or low-fat milk.

Make it Ahead: You can prepare the sauce in advance and store it in the fridge.

Just reheat and add the chicken when you're ready to serve.

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