

# **Creamy Tuscan Chicken**

## **Ingredients**

- Boneless Skinless Chicken Breasts – 8 (6-ounce)
- Italian Seasoning – 2 tsp
- Kosher Salt – 2 tsp
- Black Pepper – 1 tsp
- Extra Virgin Olive Oil – 6 tbsp
- Garlic Cloves – 8, minced
- Yellow Onion – ½ cup, finely chopped
- Sun-dried Tomatoes – 1 cup, thinly sliced
- Baby Spinach – 4 cups
- Heavy Cream – 3 cups
- Parmesan Cheese – ½ cup, freshly grated

# **Creamy Tuscan Chicken**

## **Instructions**

### **1. Season**

Season chicken with Italian seasoning, salt, and black pepper.

### **2. Sear Chicken**

Heat 2 tbsp of olive oil in a large skillet over medium heat. Add the chicken and sear for 3–4 minutes on each side until golden. Remove chicken and set aside.

### **3. Sauté Aromatics**

Add 1 tbsp of oil to the same skillet and add the onion. Sauté for 2–3 minutes until soft. Add the tomatoes and garlic, sauté another minute until fragrant.

### **4. Wilt Spinach**

Add the spinach, sauté another minute until just starting to wilt.

### **5. Make Sauce**

Add heavy cream and parmesan cheese. Stir together and bring to a simmer.

### **6. Finish Cooking**

Put chicken back into the skillet and cook until cooked through (165°F), about 5 minutes.