

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

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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.