

Spinach Artichoke Chicken

Shop

- 2 chicken breasts
- 3 cloves garlic
- 5 oz spinach
- 1 can (14oz) artichoke (smaller is better)
- 4 oz cream cheese
- 1/3 cup parmesan
- 1/4 cup sour cream
- 1 box pasta, or a cooker full of rice
- 1 1/4 cup milk
- 2 Tbsp butter
- 1 Tbsp flour
- 1 1/2 Tbsp olive oil

Prep

1. Mince 3 cloves garlic.
2. Rinse + chop spinach.
3. Chop artichokes.
4. Dice cream cheese into small cubes.
5. Chop chicken into bite-sized pieces.

Cook

1. Start pasta or rice.
2. Cook chicken through. Remove from skillet, set aside.
3. Melt 2 Tbsp butter in skillet.
4. Add garlic and 1 Tbsp flour, cook 30 seconds.
5. Add spinach and artichokes, wilt spinach (about 1 minute).
6. Add 1 1/4 cup milk, 4 oz cream cheese, 1/3 cup parmesan. Cook until thickened and melty.
7. Add 1/4 cup sour cream, return chicken to skillet. Put chicken mixture in with pasta, or serve on top of rice.

Derived from <https://www.cookingclassy.com/skillet-chicken-creamy-spinach-artichoke-sauce/>