JANE SMITH LIFESTYLE

Creamy Garlic Chicken & Wild Rice Skillet

Prep: 15 minutes | Cook: 30 minutes | Serves: 6



Creamy Garlic Chicken & Wild Rice Skillet has become one of my go-to weeknight dinners. It's simple, built around boneless skinless chicken breasts and cooked wild rice, and everyone at my table asks for seconds.

Ingredients

- 2 lbs boneless skinless chicken breasts, cubed
- 3 cups cooked wild rice
- 2 tbsp butter
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 cup heavy cream
- 3/4 cup grated Parmesan cheese
- 2 cups baby spinach
- 1 tsp Italian seasoning
- Salt
- Black pepper
- Fresh parsley
- Lemon wedges

Directions

1. Season chicken with salt, pepper, and Italian seasoning.
2. Heat olive oil in a large skillet.
3. Brown chicken until cooked through.
4. Remove chicken.

5. Melt butter and sauté garlic.
6. Stir in heavy cream and Parmesan until smooth.
7. Add spinach until wilted.
8. Fold in wild rice.
9. Return chicken to skillet.
10. Garnish with parsley and lemon wedges.

Jane's Note

Want to switch it up? Add mushrooms.

Can I make this ahead? Prepare the rice one day ahead. Can I keep leftovers? Refrigerate for up to 4 days.

Storage: Refrigerate for up to 4 days.

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