Creamy Parmesan Chicken

Chicken with spinach, sun-dried tomatoes and Parmesan cream.



SERVES
4

PREP
15 min

COOK / ASSEMBLY
25 min

Ingredients

4 small boneless skinless chicken breasts (about 1 1/2 lb), pounded evenly

1/2 tsp kosher salt

1/4 tsp black pepper

1 tsp Italian seasoning

1 tbsp olive oil

1 tbsp butter

3 garlic cloves, minced

1/2 cup low-sodium chicken broth

3/4 cup heavy cream

1/2 cup finely grated Parmesan

1/3 cup oil-packed sun-dried tomatoes, drained and chopped

3 cups baby spinach

Creamy Parmesan Chicken

How to Make It

1. Season chicken with salt, pepper and Italian seasoning. Heat oil in a large skillet over medium-high heat; sear chicken 3-4 minutes per side. Transfer out.

2. Reduce to medium. Add butter and garlic, stir 30 seconds, then add broth and scrape the pan.

3. Stir in cream, Parmesan and sun-dried tomatoes. Return chicken and juices.

4. Simmer gently 8-12 minutes until chicken reaches 165 F. Stir in spinach to wilt and adjust seasoning.

Jane's Note

Freshly grated Parmesan makes a smoother sauce. Add a splash of broth when reheating.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.