JANE SMITH LIFESTYLE

Garlic Butter Tuscan Chicken

Prep: 15 minutes | Cook: 25 minutes | Serves: 4



This is the kind of chicken dinner I make when I want something warm on the table without a fuss — built around boneless skinless chicken breasts and garlic, and it comes together in one pan.

Ingredients

- 4 boneless skinless chicken breasts
- 2 tbsp olive oil
- 3 tbsp butter
- 4 cloves garlic, minced
- 1 cup heavy cream
- 3/4 cup grated Parmesan cheese
- 1/2 cup chopped sun-dried tomatoes
- 2 cups baby spinach
- 1/2 cup chicken broth
- 1 tsp Italian seasoning
- Salt
- Black pepper
- Fresh basil
- Fresh parsley
- Lemon wedges

Directions

1. Season chicken with Italian seasoning, salt, and pepper.
2. Sear chicken in olive oil until golden; remove.
3. Melt butter and sauté garlic.

4. Add chicken broth and simmer for 2 minutes.
5. Stir in heavy cream and Parmesan.
6. Fold in spinach and sun-dried tomatoes.
7. Return chicken to skillet.
8. Simmer 5–7 minutes until heated through.
9. Garnish with basil, parsley, and lemon wedges.

Jane's Note

Want to switch it up? Add mushrooms.

Can I make this ahead? Prepare sauce ingredients one day ahead. Can I keep leftovers? Refrigerate up to 4 days.

Storage: Refrigerate up to 4 days.

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