



Creamy Sundried Tomato Chicken

Ingredients

- ¼ cup flour
- ½ cup grated parmesan cheese
- 4 tsp. basil
- 4 tsp. garlic
- 2 tsp. Italian seasoning
- 2 cups spinach
- 1 cup sundried tomatoes in oil
- 2 cups cream or milk
- ¼ cup extra virgin olive oil
- 16 oz. chicken breast
- salt and pepper, to taste

Directions

1. In a shallow bowl combine flour, salt, pepper, and 1 tablespoon parmesan cheese. Toss the chicken in this flour mixture and set aside.
2. Heat the olive oil in a skillet on medium high heat. Fry chicken for about 3 minutes per side, or until golden brown. Transfer out of pan and set aside.
3. Add garlic into the skillet and sauté until fragrant.
4. Add in sun-dried tomatoes, spinach, basil and Italian seasoning and let simmer until spinach is cooked down.
5. Add milk or cream and let the liquid reduce to about half.
6. Add remaining parmesan cheese and allow the sauce to thicken.
7. Add the chicken back to the pan and toss to coat with the sauce.
8. Serve and Enjoy!

Healthy Tip: Use 1% milk to reduce fat content in the sauce!

Calories 427

Total Fat 23 g

Saturated Fat 7 g

Cholesterol 89 mg

Sodium 714 mg

Total Carbohydrate 15 g

Dietary Fiber 1 g

Sugars 8 g

Protein 37 g