



Creamy Tuscan Chicken

by LENA ABRAHAM

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CAL/SERV: 380

YIELDS: 4 SERVINGS

PREP TIME: 0 HOURS 5 MINS

TOTAL TIME: 0 HOURS 40 MINS

INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 4 boneless skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 1 tsp. dried oregano
- 3 tbsp. butter
- 3 cloves garlic, minced
- 1 1/2 c. cherry tomatoes, halved
- 3 c. baby spinach
- 1/2 c. heavy cream
- 1/4 c. freshly grated Parmesan
- Lemon wedges, for serving

DIRECTIONS

- 1 In a skillet over medium heat, heat oil. Add chicken and season with salt, pepper, and oregano. Cook until golden and no longer pink, 8 minutes per side. Remove



- 2** In the same skillet over medium heat, melt butter. Stir in garlic and cook until fragrant, about 1 minute. Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst then add spinach and cook until spinach is beginning to wilt.
- 3** Stir in heavy cream and parmesan and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes. Return chicken to skillet and cook until heated through, 5 to 7 minutes.
- 4** Serve with lemon wedges.

Nutrition (per serving): 380 calories, 29 g protein, 5 g carbohydrates, 1 g fiber, 2 g sugar, 28 g fat, 14 g saturated fat, 250 mg sodium

LENA ABRAHAM Food Editor

Lena Abraham is the Food Editor at Delish, where she develops and styles recipes for video and photo, and also stays on top of current food trends.

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