



CREAMY CHICKEN WITH SPINACH AND SUN DRIED TOMATOES

Servings: 2 to 4

Prep: 5 minutes / **Cook:** 10 minutes

Ingredients:

- 1 pound boneless/skinless chicken breasts or cutlets (double this for big eaters or for 4 people)
- Salt
- Pepper
- Extra Virgin Olive Oil
- 3 to 4 cloves garlic, minced or grated
- $\frac{3}{4}$ cup dry white wine*
- 2 to 3 cups of fresh spinach**
- $\frac{3}{4}$ cup sliced sun dried tomatoes***
- $\frac{3}{4}$ cup heavy cream
- Garnish as you see fit, some basil or parsley would work

** I use Pinot Grigio because we always have it on hand.*

*** Chopped or not; I usually don't chop it.*

**** I buy them in a jar and drain them first.*

Steps:

1. Pat chicken breast dry then slice and/or pound them down as thin as you can get them.
2. Salt and pepper both sides of the chicken.
3. Pre-heat a cast iron skillet, or another large, non-stick pan, over medium heat with about a tablespoon or so of olive oil.
4. Add chicken and cook, 3 minutes per side, until lightly browned and cooked through (just to 165° F / 75° C). Transfer to a plate.
5. Add garlic to the pan. Cook for about a minute, stirring.
6. Add wine. Cook for another minute as it reduces slightly.
7. Drop in the spinach, tomatoes, cream, and lightly salt and pepper. Give it a stir and watch the spinach quickly wilt. Simmer for a couple of minutes.
8. Return the chicken to the pan and turn to coat.
9. Turn off the heat then you plate your side dish. (Mashed or oven roasted baby potatoes work great!)
10. Add chicken and spinach to the plates and drizzle sauce over the top.

11. Serve immediately, if not sooner.