

Creamy Tuscan Chicken



Creamy Tuscan Chicken is a luscious dish that features tender chicken breasts cooked in a rich and creamy sauce made with garlic, sun-dried tomatoes, and spinach. This dish is a popular choice for a comforting, low-carb dinner that's easy to prepare and packed with flavor.

Ingredients for 2 serving (US/Metric)

- 263g / 9.3oz **Chicken breast**
- 6.5 *tbsp* **Heavy cream**
- 89g / 3.1oz **Broth**
- **Spinach**
- 1 *cup* **Sun-dried Tomatoes**
- 2 *pieces* **Garlic Cloves**
- 2.5 *tbsp* **Parmesan cheese**
- **Italian seasoning**
- 2 *tbsp* **Olive oil**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 34%
- **Fat:** 57%

- **Net carbs:** 9%

Instructions

- **Prepare Chicken:** Season chicken breasts with salt, pepper, and Italian seasoning. Heat olive oil over medium-high heat in a large skillet. Add chicken and sear until golden on both sides and cooked through, about 6-8 minutes per side. Remove from skillet and set aside.
- **Make Sauce:** In the same skillet, add minced garlic and sauté for about 1 minute until fragrant. Add sun-dried tomatoes and chicken broth, bringing to a simmer. Reduce the heat, stir in heavy cream and Parmesan cheese, and simmer until the sauce thickens.
- **Add Spinach:** Add fresh spinach to the skillet, stirring until it wilts.
- **Combine:** Return the chicken to the skillet, spooning the sauce over the breasts. Cook for 2-3 minutes to reheat the chicken and infuse it with the creamy sauce.
- **Serve:** Adjust seasoning if necessary and serve the chicken hot, garnished with extra Parmesan or fresh herbs if desired.