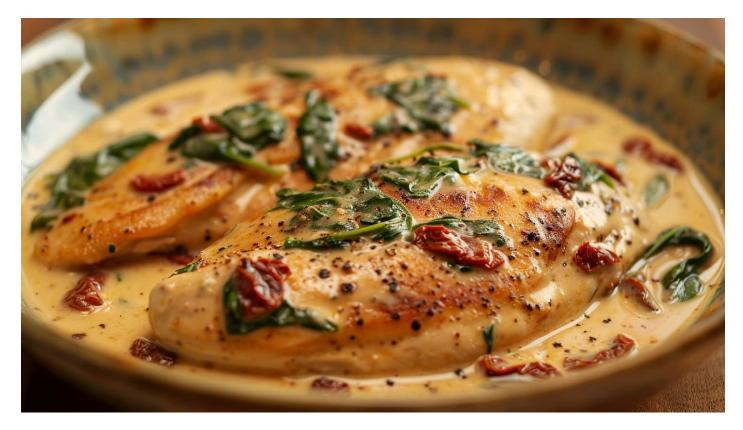
## **Creamy Tuscan Chicken**



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.