

CREAMY TUSCAN CHICKEN

Oven: 400°

Serves: 6

Serving size: 2.5 pieces



INGREDIENTS:

3 lbs. (16 pieces) Chicken Breast Tenderloins
4 tbsp Olive or Avocado Oil
2 c Heavy Whipping Cream
1 c Shredded Parmesan Cheese
1.5 c Fresh Spinach, chopped
Himalayan Pink Salt & Ground Pepper to taste
1 c Chicken Broth or Water
2 tsp Garlic Powder
2 tsp Italian Seasoning
8 oz jar Sun Dried Tomatoes (in Olive oil, no added sugar)

INSTRUCTIONS:

1. Preheat oven to 400°.
2. In a large skillet, heat oil and cook chicken tenderloins for about 3-5 minutes on each side until golden brown.
3. Place chicken pieces in casserole dish.

4. In a saucepan, on medium-low, combine cream, parmesan cheese, broth/water, sun dried tomatoes and seasonings, and simmer, mixing continuously, for about 4-5 minutes.
5. Add spinach to sauce mixture. Mix well, then pour over the chicken.
6. Place in oven and bake about 10-15 minutes until bubble.
7. Take out and let cool a few minutes so sauce will thicken a bit.
8. Serve and Enjoy!

Macros: (may vary depending on brands used)

Calories- 533, Fat- 35g, Protein- 49g, Net Carbs- 4g