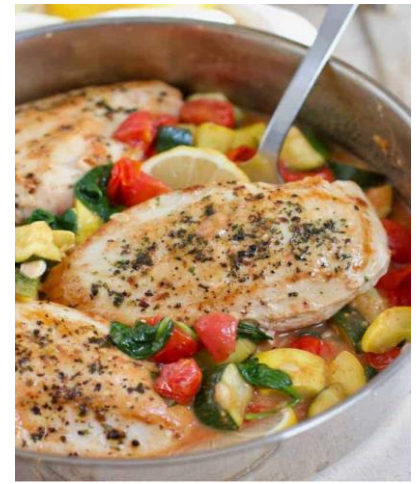


Easy Italian Chicken Skillet Dinner

(Serves 4)

A super-fast and fresh one-pot meal that you can customize a hundred different ways.



Recipe: Laughing Spatula

4	Boneless Chicken Breasts (chicken thighs can be substituted)	2 cups	Fresh Spinach
2 Tbls	Olive Oil	¼ cup	White Wine (optional)
1 tsp	Dried Italian Seasoning (or 1/2 tsp basil and oregano)	½ cup	Chicken Stock (low sodium)
to taste	Salt and Pepper	1 tablespoon	Flour (omit for healthier dish)
4	Large Garlic Cloves (chopped)	2	Lemon Juice
1 ½ C	Zucchini (sliced)	tablespoons	
1 C	Cherry Tomatoes (halved)		

- Heat large skillet with oil on medium/high heat
- Sprinkle chicken with salt, pepper, and Italian seasonings
- Sear chicken for 4-5 minutes on each side until brown and cooked through (internal temperature 165 degrees)
- Remove chicken from pan and set aside
- Add zucchini, tomatoes and garlic. Saute for 2-3 minutes. Add wine and lemon juice. Continue to cook for another few minutes until liquid is reduced by half.
- Whisk together chicken stock and flour in a small dish and add to pan. Cook for 1-2 minutes.
- Toss in spinach and cook until wilted. Add chicken back to the pan and heat through.
- Serve with a side of rice and more fresh steamed veggies or tossed salad.

Note: if using bone-in chicken, increase cook time by about 15 minutes or until internal temperature is 165 degrees.

Nutrition Facts	
Easy Italian Chicken Skillet Dinner	
Amount Per Serving (1 g)	
Calories 368	Calories from Fat 207
% Daily Value*	
Fat 23g	35%
Saturated Fat 5.6g	28%
Cholesterol 108.9mg	36%
Sodium 425mg	18%
Carbohydrates 4.7g	2%
Fiber 1g	4%
Sugar 2g	2%
Protein 37.5g	75%

* Percent Daily Values are based on a 2000 calorie diet.