



# Creamy Garlic Mushroom & Spinach Chicken 🍄🧄🐔

## Ingredients:

- 4 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 2 tablespoons butter
- 3 garlic cloves (minced)
- 1 cup mushrooms (sliced)
- 2 cups fresh spinach
- 1 cup heavy cream
- 1/2 cup chicken broth
- 1/4 cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- Salt and black pepper to taste
- Optional: turkey bacon pieces for garnish

## Directions:

1. Season the chicken breasts with salt and black pepper.
2. Heat olive oil in a large skillet over medium heat. Cook the chicken for 4-5 minutes per side, or until golden brown and fully cooked. Remove and set aside.
3. In the same skillet, melt the butter. Add the garlic and mushrooms, sautéing until fragrant and softened (about 3-4 minutes).
4. Stir in the chicken broth, heavy cream, Parmesan cheese, and Italian seasoning. Simmer for 5 minutes until the sauce thickens slightly.
5. Add the spinach to the sauce and stir until wilted.
6. Return the chicken to the skillet, spooning the creamy sauce over the top. Simmer for an additional 2-3 minutes to combine the flavors.
7. Optional: garnish with turkey bacon pieces for a crispy finish. Serve warm.

Prep time: 10 min | Cooking time: 25 min | Servings: 4 | Calories: 400 Kcal per serving