



Chicken, Spinach, and Mushroom Skillet

## Introduction

Looking for a delicious and nutritious meal option? This chicken, spinach, and mushroom dish is perfect for any night of the week. Bursting with flavors and packed with protein and vitamins, it offers a satisfying meal that is easy to prepare. You can serve it over rice or pasta, making it versatile enough to please everyone's palate. Let's dive into the details!

## Detailed Ingredients with measures

Chicken Breast - 1 pound, cubed  
Fresh Spinach - 4 cups, chopped  
Mushrooms - 1 cup, sliced  
Olive Oil - 2 tablespoons  
Garlic - 3 cloves, minced  
Salt - to taste  
Black Pepper - to taste  
Cream Cheese - 4 ounces, cubed  
Chicken Broth - 1 cup  
Parmesan Cheese - ½ cup, grated

## Prep Time

15 minutes

## Cook Time, Total Time, Yield

Cook Time: 20 minutes

Total Time: 35 minutes

Yield: Serves 4



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## Detailed Directions and Instructions

### Step 1: Prepare Ingredients

Gather all necessary ingredients including chicken breasts, spinach, mushrooms, garlic, onion, and cheese.

### Step 2: Cook Chicken

Heat olive oil in a skillet over medium heat. Season the chicken breasts with salt and pepper, then add to the skillet. Cook for about 7-8 minutes on each side, or until the chicken is cooked through. Remove from the skillet and set aside.

### Step 3: Sauté Vegetables

In the same skillet, add more olive oil if necessary. Sauté chopped onions and minced garlic until fragrant. Then add sliced mushrooms and cook until they are tender. Finally, stir in the fresh spinach and cook until wilted.

### Step 4: Combine Ingredients

Return the cooked chicken to the skillet. Pour in your choice of sauce (like cream or broth) to meld the flavors, and let it simmer for a few minutes.

### Step 5: Add Cheese

Sprinkle cheese on top of the chicken and let it melt. Remove from heat and allow to settle for a few minutes before serving.

## Notes

**Note 1: Chicken Options**

You can use either boneless, skinless chicken breasts or chicken thighs for this recipe.

**Note 2: Spinach Variations**

Feel free to use frozen spinach instead of fresh; just make sure to thaw and drain it properly.

**Note 3: Serving Suggestions**

This dish pairs well with rice, pasta, or a fresh salad for a balanced meal.

**Note 4: Storage**

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the microwave or on the stove before serving.



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**Cook techniques**

**Click next page below**