



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



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