



Chicken, Spinach, and Mushroom Skillet



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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.

See also [Soft Christmas Cookies](#)

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

Sautéing

Sautéing is a quick cooking method that uses a small amount of oil or fat in a pan over medium-high heat. It is ideal for cooking vegetables like spinach and mushrooms, allowing them to retain their color and texture while enhancing their flavors.

Deglazing

Deglazing involves adding liquid to a hot pan to loosen and dissolve browned bits of food stuck to the bottom. This technique adds depth of flavor to sauces and dishes, making it perfect for incorporating the fond created while cooking chicken.

Simmering

Simmering is a cooking technique where food is cooked in liquid at a low temperature, just below boiling. It is used to meld flavors together and is especially effective when cooking sauces that accompany proteins like chicken.

Stir-frying

Stir-frying is a method where ingredients are cooked quickly over high heat while being stirred frequently. This technique is great for maintaining the crispness of vegetables while cooking them evenly and quickly.

See also Cheeseburger Meatloaf Bites

Finishing

Finishing refers to the final steps in cooking where dishes are enhanced with fresh herbs, additional seasonings, or a drizzle of oil before serving. This technique elevates the overall flavor and presentation of the meal.

FAQ

Can I use frozen spinach in this recipe?

Yes, you can use frozen spinach. Just be sure to thaw and drain it well before adding it to the dish to avoid excess moisture.

What can I substitute for mushrooms?

If you're looking for a substitute for mushrooms, you can use other vegetables like zucchini or bell peppers, or you may omit them altogether according to your preference.

How do I make this dish more creamy?

To make the dish creamier, consider adding a splash of heavy cream or a dollop of cream cheese during the cooking process.

Can I add other proteins to this recipe?

Yes, you can add other proteins such as shrimp or tofu to diversify the dish and suit your taste preferences.

What herbs work well with chicken and spinach?

Herbs such as garlic, thyme, or basil complement the flavors of chicken and spinach beautifully. Adding fresh herbs can enhance the dish further.



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Conclusion

This chicken, spinach, and mushroom recipe is a delightful mix of flavors and textures that come together to create a healthy and satisfying meal. It's perfect for any weeknight dinner and can be enjoyed by the whole family. The combination of tender chicken, earthy mushrooms, and nutritious spinach not only provides great taste but also offers a variety of health benefits, making this dish a winner in any kitchen.

See also [Chipotle Sauce](#)

More recipes suggestions and combination

Chicken and Broccoli Stir-Fry

Combine chicken with fresh broccoli and a savory sauce for a quick and nutritious meal.

Stuffed Bell Peppers

Fill bell peppers with a mixture of chicken, quinoa, and vegetables for a wholesome dish.

Chicken Alfredo with Spinach

Create a creamy Alfredo pasta dish with spinach and grilled chicken for a comforting dinner.

Mushroom Risotto

Prepare a creamy risotto that features mushrooms and can be paired with grilled chicken for added protein.

Garlic Butter Chicken with Asparagus

Sauté chicken in garlic butter and serve alongside tender asparagus for a low-carb option.

Chicken Caesar Salad

Mix grilled chicken with romaine lettuce, croutons, and Caesar dressing for a fresh and tasty salad.



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