Chicken and Spinach Recipes



Finished serving

PREP	COOK	YIELD
15 min	25 min	4 servings

Chicken cutlets sit in a garlic cream sauce with wilted spinach. Cook the cutlets through before building the sauce, then return them briefly to the pan.

Kitchen note: Use plain cream cheese and fresh spinach. If using frozen spinach, thaw and squeeze it dry before weighing 140 g.

INGREDIENTS

- 1 1/4 lb (567 g) boneless skinless chicken breast, sliced into 4 cutlets
- 5 oz (142 g) baby spinach
- 1 tbsp (15 ml) olive oil
- 1 tbsp (14 g) unsalted butter
- 2 garlic cloves (6 g), minced
- 1 tbsp (8 g) all-purpose flour
- 3/4 cup (180 ml) milk
- 1/2 cup (120 ml) low-sodium chicken broth
- 2 tbsp (30 g) plain cream cheese
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper

METHOD

1. Season cutlets with salt and pepper. Heat oil in a wide skillet over medium heat. Cook 4-6 minutes per side, until each thick center reaches 165 F (74 C). Move to a clean plate.
2. Melt butter in the skillet. Add garlic for 30 seconds, then flour for 1 minute, stirring.
3. Whisk in milk and broth. Simmer gently 3-4 minutes until smooth; stir in cream cheese until melted.
4. Add spinach in handfuls and stir until wilted, about 2 minutes. Return cooked chicken and heat gently 1-2 minutes.

VARIATIONS

Choose one option

Mushroom:saute 1 cup sliced mushrooms before adding garlic.

Lemon:stir in 1 tsp lemon juice off heat.

Broccoli:replace spinach with 2 cups cooked small broccoli florets.

DONENESS
Check every thick chicken portion with a food thermometer; each must reach at least 165 F (74 C). For bone-in thighs, keep the probe away from bone. Cooking times are estimates.

STORE Refrigerate within 2 hours at 40 F (4 C) or colder; use within 3-4 days.