Cottage Cheese and Chicken Recipes

Tender skillet chicken with a smooth garlic cottage-cheese sauce and wilted spinach

SERVES 4 SERVINGS | **PREP** 15 MIN | **COOK** 25 MIN



INGREDIENTS

Chicken
1 1/4 lb (567 g) boneless, skinless chicken breast, cut into 4 cutlets
1 tbsp (15 ml) olive oil
1/2 tsp (3 g) fine salt
1/4 tsp (0.5 g) black pepper

Sauce
1 cup (225 g) cottage cheese
1/2 cup (120 ml) low-sodium chicken broth
2 garlic cloves, minced
2 cups (60 g) baby spinach

To serve
Steamed vegetables and rice or bread

METHOD

1. Flatten the cutlets to an even 1/2 inch (1.3 cm). Pat dry and season with the salt and pepper.

2. Heat the oil in a wide skillet over medium heat. Sear the chicken 4-5 minutes per side, then transfer to a clean plate; it will finish cooking in the sauce.

3. Blend the cottage cheese and broth until smooth. Cook the garlic in the skillet for 30 seconds, add the spinach and wilt for about 1 minute. Lower the heat and stir in the blended sauce; warm gently without a hard boil.

4. Return chicken and its juices to the skillet. Simmer gently until every cutlet reaches 165°F (74°C) in its thickest part, about 3-7 minutes or longer if needed. Rest 5 minutes before serving.

Tips Keep raw poultry and its utensils separate from ready-to-eat foods; avoid crowding the skillet.
Storage Refrigerate in a shallow covered container within 2 hours and use within 3-4 days. Freeze cooked portions up to 2 months; the dairy sauce may separate. Reheat chicken to 165°F (74°C) and warm the sauce gently with a splash of water.