Keto Chicken Breast Recipes

Keto Chicken Breast Recipes uses chicken with creamy spinach sauce. Cook chicken to 165°F (74°C); times are estimates and depend on thickness and equipment.



Prep	Cook (estimate)	Rest	Servings	Difficulty
15 min	25 min	0 min	4	Easy

Ingredients

- 1 1/4 pounds chicken breast cutlets / 570 g
- 1 tablespoon olive oil / 15 ml
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 garlic cloves / 6 g, minced
- 1/2 cup chicken broth / 120 ml
- 1/2 cup heavy cream / 120 ml
- 3 cups baby spinach / 90 g
- 1/4 cup finely grated vegetarian hard cheese / 22 g

Ingredient Notes

Keto: No calculated carbohydrate total is supplied; check ingredients against your dietary target.

Cheese: Finely grated vegetarian hard cheese melts smoothly.

Instructions

1. Flatten cutlets to 1/2 inch and season with salt and pepper.
2. Sear in oil over medium heat 3 to 5 minutes per side to 165°F (74°C); transfer to a clean plate.
3. Lower heat, cook garlic 30 seconds and add broth and cream; simmer gently 3 minutes.
4. Wilt spinach in sauce; remove from heat and stir in finely grated cheese.
5. Return chicken briefly to warm through and serve without prolonged boiling.

Time, Temperature & Doneness

Use a thermometer to check every chicken portion for 165°F (74°C) in its thickest center, avoiding bone. Exterior color, browning and clear juices are not reliable safety tests. Listed times vary with thickness and equipment.

Tips & Mistakes to Avoid

Tips: Add cheese off heat. Keep cream simmer gentle. Check cutlets early.

Avoid: Boiling cheese sauce hard. Making a numerical carb claim without calculation. Overcooking chicken in sauce.

Variations & Serving

Mushroom: Sauté mushrooms before garlic. No cheese: Omit hard cheese. Herb: Add dried oregano.

Divide the chicken cutlets and spinach cream sauce into four servings. Extra sides are optional and are not included in these ingredient quantities.

Storage, Freezing & Reheating

Storage: Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Follow the oldest ingredient's original deadline; mixing or reheating does not restart the storage clock.

Freezing: Freeze promptly cooled portions airtight at 0°F (-18°C) for up to 2 months for best quality. Thaw in the refrigerator; cream or cheese mixtures may separate.

Reheating: Reheat chicken covered at 350°F (175°C) with a small splash of water or broth until centers reach 165°F (74°C). Stir mixtures and check multiple spots. Bring leftover sauces to a boil, then avoid prolonged cooking. Do not reheat leftovers in a slow cooker.

Recipe & References

Recipe: https://howtocookchickenrecipes.com/keto-chicken-breast-recipes/

FoodSafety.gov - safe temperatures

FoodSafety.gov - cold storage chart