



## Spinach & Artichoke Chicken Skillet



1/2 of recipe (1 chicken breast): 301 calories, 10.5g total fat (4.5g sat fat), 654mg sodium, 8.5g carbs, 2.5g fiber, 4g sugars, 41g protein

Freestyle™ [SmartPoints®](#) value 4\*

[SmartPoints®](#) value 6\*

**Prep:** 10 minutes    **Cook:** 15 minutes

Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)



### Ingredients

Two 5-oz. raw boneless skinless chicken breast cutlets  
1/8 tsp. each salt and black pepper  
3 cups chopped spinach leaves  
1/2 cup artichoke hearts packed in water, drained and chopped  
1 cube [Dorot Crushed Garlic](#) or [Pop & Cook Crushed Garlic](#)  
1/4 cup light sour cream  
1/4 cup shredded part-skim mozzarella cheese  
1 tbsp. grated Parmesan cheese

### Directions

Pound chicken breast to 1/2-inch thickness, and season with salt and pepper.

Bring a large skillet sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through.

Plate chicken, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray and return to medium heat. Add spinach, chopped artichoke hearts, and Dorot or Pop & Cook Crushed Garlic cube. Cook and stir until spinach has wilted, artichoke hearts are hot, and garlic has thawed, about 2 minutes.

Reduce heat to medium low. Add sour cream, mozzarella, and Parm. Cook and stir until hot and well mixed, about 1 minute.

Top chicken with skillet contents.

MAKES 2 SERVINGS

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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