



Garlic Parm Chicken



1/4th of recipe (about 1 cup): 279 calories, 11.5g total fat (6g sat fat), 511mg sodium, 9.5g carbs, 2g fiber, 4g sugars, 34g protein

Green Plan [SmartPoints](#)® value 6*

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

Purple Plan [SmartPoints](#)® value 4*

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



More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

- 1 lb. raw boneless skinless chicken breast, cut into bite-size pieces
- 1 cup chopped onion
- 1/2 tsp. onion powder
- 1/4 tsp. each salt and black pepper
- 2 cups chopped mushrooms
- 1 tbsp. chopped garlic
- 5 cups roughly chopped spinach
- 1/2 cup light/reduced-fat cream cheese
- 1/4 cup grated Parmesan cheese

Directions

Bring a large pot sprayed with nonstick spray to medium-high heat. Add chicken, onion, onion powder, salt, and pepper. Cook and stir until lightly browned, about 4 minutes.

Add mushrooms and garlic. Cook and stir until chicken is fully cooked and veggies have mostly softened, about 3 minutes.

Add spinach, and cook and stir until wilted, about 1 minute.

Reduce heat to medium-low. Add cream cheese and Parm. Cook and stir until melted and well mixed, about 2 minutes.

MAKES 4 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.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.