



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

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



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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, or more for topping

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

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