



## Pesto Sun-Dried Tomato Chicken Skillet



1/2 of recipe: 399 calories, 13g total fat (3.5g sat. fat), 625mg sodium, 27.5g carbs, 8g fiber, 13g sugars, 43g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes

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### Ingredients

2 tbsp. whipped cream cheese  
2 tbsp. pesto sauce  
1 cup sliced mushrooms  
1/2 cup chopped onion  
8 cups baby spinach  
1/2 tsp. garlic powder, divided  
1/4 tsp. black pepper, divided  
1/8 tsp. salt, or more to taste  
10 oz. raw boneless skinless chicken breast, cut into bite-sized pieces  
1/2 cup chopped sun-dried tomatoes (bagged or rinsed)  
1 tbsp. grated Parmesan

### Directions

In a small bowl, mix cream cheese with pesto until uniform.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Add mushrooms and onion. Cook and stir until lightly softened, about 4 minutes. Add spinach, 1/4 tsp. garlic powder, 1/8 tsp. pepper, and salt. Cook and stir until wilted, 2–3 minutes. Transfer to a plate, and cover to keep warm.

Remove skillet from heat; clean, if needed. Respray, and return to medium-high heat. Add chicken, remaining 1/4 tsp. garlic powder, and 1/8 tsp. pepper. Cook and stir until mostly cooked, 5–6 minutes.

Add sun-dried tomatoes, and cook until softened, about 1 minute.

Reduce heat to medium-low. Add cream cheese and pesto mixture. Cook and stir until sauce is hot and chicken is well coated and fully cooked, 1–2 minutes.

Serve over veggies and top with Parm.

MAKES 2 SERVINGS

**Time-Saving Shortcuts:** Grab pre-sliced mushrooms from the produce section—they're rarely pricier than whole mushrooms. Pre-chopped onions are great too!

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