



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

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

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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 tsp. 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 garlic. Cook and stir until spinach has wilted and artichoke hearts are hot, 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

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