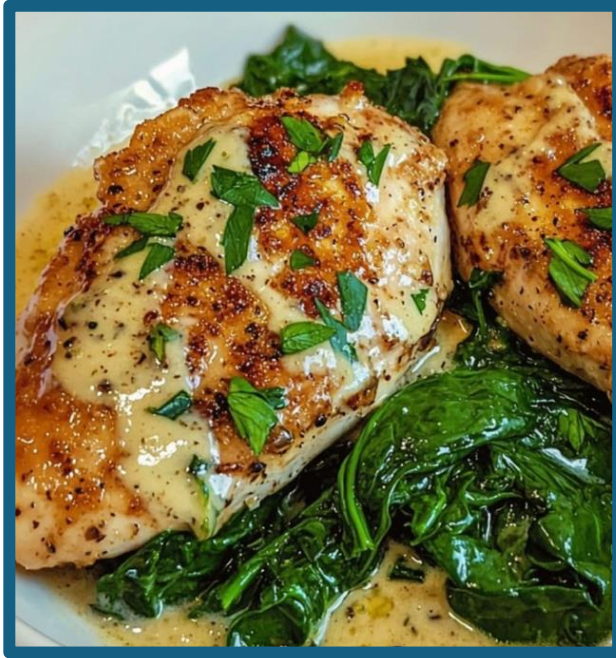


One-Pot Garlic Parmesan Chicken with Spinach



Ingredients:

1. 4 boneless, skinless chicken breasts
2. 2 tablespoons olive oil
3. 4 cloves garlic, minced
4. 1 cup chicken broth
5. 1 cup heavy cream
6. 1 cup grated Parmesan cheese
7. 2 cups fresh spinach
8. Salt and pepper, to taste
9. 1 teaspoon Italian seasoning
10. Fresh parsley, chopped (for garnish)

Prep Time: 10 min. Cooking Time: 20 minutes Servings:
4 servings

Instructions:

1. **Sear the Chicken:** Heat olive oil in a large skillet or pot over medium heat. Season chicken breasts with salt, pepper, and Italian seasoning. Cook chicken for 6–7 minutes per side, until golden and fully cooked. Remove from skillet and set aside.
2. **Sauté Garlic:** In the same skillet, add minced garlic and sauté for 1 minute until fragrant.
3. **Deglaze & Simmer:** Pour in chicken broth, bring to a simmer, and scrape up any browned bits from the bottom.
4. **Make the Creamy Sauce:** Lower the heat and stir in heavy cream and Parmesan cheese. Stir until melted and smooth.
5. **Add Spinach:** Stir in fresh spinach and cook for 2–3 minutes, until wilted.
6. **Return Chicken & Finish:** Return the chicken to the pan, spoon sauce over the top, and let simmer for 2–3 minutes to reheat.
7. **Garnish & Serve:** Sprinkle with chopped parsley and serve warm.