

Chicken Parmesan

A stovetop Chicken Parmesan over pasta...

Ingredients

- 1-2 Tbsp olive oil
- 1/4 cup flour
- 4 boneless chicken breasts (thinly sliced about 1.5 pounds)
- 2-3 tsp salt
- “a few turns” fresh-ground black pepper
- 4 cloves of garlic
- 1/2 cup chicken broth
- 3/4 cup heavy cream
- 1 tsp Italian seasoning
- 1/2 cup Parmesan cheese
- 2 cups of spinach (rough chopped)
- 1/2 cup sun-dried tomatoes
- Your choice pasta for serving

Instructions

1. In a large skillet, warm olive oil over medium-high heat. Place flour in small bowl. Lightly sprinkle each side of chicken with salt and pepper, then dredge each side through the flour. Shake off excess, then place chicken in warm pan.
 1. Cook 3-4 minutes each side (just until browned and no longer pink); remove chicken to plate.
2. Add olive oil if skillet is dry, followed by garlic. Cook about 1 minute until fragrant. Add chicken broth and scrape any browned bits from the bottom.
3. Add cream, Italian seasoning, and Parmesan cheese. Cook over medium heat 5-7 minutes, stirring frequently, until sauce thickens.
4. Stir in spinach and sun-dried tomatoes and simmer 1-2 minutes until spinach wilts.
5. Add chicken back to skillet and spoon bits of sauce over chicken. Serve with pasta or other sides as desired.

Special Notes

Taken from Instagram.

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Last update: **2020/11/15 11:51**

