

Long Livo

Creamy Tuscan Chicken with Spinach & Sun-Dried Tomatoes

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Protein

- [ ] 4 boneless skinless chicken breasts (680…g)
- [ ] 2 tbsp olive oil (30…mL)
- [ ] 1 tbsp unsalted butter (15…g)
- [ ] Salt and freshly ground black pepper to taste
- [ ] 1 tsp Tuscan or Italian seasoning (5…g)

The Creamy Sauce

- [ ] 1 cup low–sodium chicken broth (240…mL)
- [ ] 1 cup heavy cream (240…mL)
- [ ] 1/2 cup grated Parmesan cheese (50…g)
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp chopped sun–dried tomatoes (packed in oil, ~30…g)
- [ ] 4 cups fresh spinach, roughly chopped (120…g)
- [ ] 1/4 tsp red pepper flakes (optional)

Instructions

1. Start by patting those chicken breasts dry with a paper towel. Honestly, it makes such a difference for the sear. Go ahead and season both sides generously with salt, pepper, and that lovely Tuscan seasoning.
2. Heat your olive oil and butter in a large skillet over medium–high heat. Once it's shimmering, add the chicken. Sear them for about 4–5 minutes per side until they're a beautiful golden brown and hit an internal temperature of 165°F (74°C). Now, just move them to a plate for a bit.
3. Using that same flavorful skillet, toss in your minced garlic and those chopped sun–dried tomatoes. Just cook them for about 30 seconds; you'll know it's ready when it smells wonderful in the kitchen.
4. Pour in the chicken broth and heavy cream. Bring it up to a gentle simmer and let it reduce for 2–3 minutes. You're looking for it to thicken up just a little bit.
5. Stir in the grated Parmesan cheese until it's all melted and smooth. Then, add the chopped spinach and let it wilt right into the sauce for about 2 minutes. It's so satisfying to watch the greens soften.
6. Slide the chicken breasts back into the skillet. Use a spoon to bathe them in that sauce. Simmer gently for another 3 minutes so the flavors can really get to know each other.
7. Take a moment to taste your sauce. Look, just add a bit more salt, pepper, or a pinch of red pepper flakes if you're feeling spicy. You just want to make sure it's silky and not too thick.

8 Move the chicken to your serving plate and ladle that creamy Tuscan sauce right over the top. I like to garnish mine with a bit more Parmesan or fresh parsley if I have some on hand.

Nutrition per serving

350 kcal	28 g	6 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use fresh spinach rather than frozen to keep the dish light and avoid excess moisture.
- Keep the cream-based sauce on low heat to prevent curdling.
- Ensure chicken is patted dry for the best possible golden sear.