

Chicken and Spinach Sauté

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking Time: 10-12 minutes

Serves: 4

CChints: If you can't get cutlets, you can use chicken breasts and pound them between 2 sheets of plastic wrap until they are about 1/3 inch thick. Cut each piece in half. Always wash your hands and work surfaces after working with chicken.



2 tablespoons extra-virgin olive oil
1 pound boneless, skinless chicken cutlets
1/2 teaspoon sea salt
1/4 teaspoon fresh ground pepper
1/4 cup low sodium chicken broth
2 cloves garlic, minced, fresh or from a jar
1 cup pre-sliced mushrooms
14.5 ounce can diced tomatoes with basil, garlic, oregano, slightly drained
10 ounce bag prewashed spinach leaves
Dash of salt and pepper
1 tablespoon fresh oregano, chopped
3/4 cup part-skim Mozzarella cheese, shredded
Optional: side vegetable or garlic bread

Heat a large nonstick skillet over medium-high heat and add the oil. Salt and pepper both side of the chicken and add it to the hot pan and wash your hands. Cook for 2 minutes and then reduce the heat to medium and cook 2 more minutes. Turn the chicken over and slowly pour in the broth. Add the garlic, mushrooms and canned tomatoes and stir.

Begin to add the spinach, but it will not all fit, so allow it to wilt for about 30 seconds and slowly add the rest of the bag. Try to stir the vegetables to allow the spinach to come in contact with the tomatoes and mushrooms. This will be easier to do when the spinach is completely wilted. Add the salt, pepper, oregano and cover the pan. Cook for 5 more minutes until the chicken is done.

During this time prepare your side items.

When the chicken is done, divide the spinach and tomato mixture among the four plates and each with a piece of chicken and quickly top each with cheese so it melts while the chicken is hot. Serve with garlic bread and enjoy.