

Spinach and Artichoke Chicken Skillet

“The Modern Proper” website

Serves: 4

Prep Time: 20 minutes:

Cook Time: 25 Minutes

Calories: 580

Ingredients

4 boneless, skinless chicken breasts (1½ pounds)

2 teaspoons kosher salt

2 tablespoons extra-virgin olive oil

4 cloves garlic, minced

3 tablespoons salted butter

2 tablespoons flour

¾ cup chicken stock

1¼ cups whole milk

4 ounces cream cheese, softened

2 cups loosely packed spinach, roughly chopped

¼ cup chopped fresh basil or 2 teaspoons dried, plus more for serving

1 (14-ounce) can artichoke hearts, drained and chopped

½ cup freshly grated Parmesan cheese, plus more for serving

Freshly cracked black pepper, for serving

Crusty bread, for serving

Method

1. Season the chicken all over with 1 teaspoon of the salt. Heat 1 tablespoon of the olive oil in a large skillet over medium heat. Once the oil is glistening, add the chicken. Cover and cook until the internal temperature registers 165°F on an instant read thermometer, 6 to 8 minutes per side. Transfer the chicken to a cutting board to rest.
2. Add the remaining 1 tablespoon of olive oil to the skillet. Add the garlic and cook, stirring, until fragrant, about 1 minute. Add the butter and stir until melted.
3. Sprinkle in the flour and cook, whisking, until fully incorporated, about 1 minute. Whisk in the chicken stock, milk, and cream cheese until fully incorporated. Bring to a simmer and cook, whisking until smooth and slightly thickened. Stir in the spinach, basil, artichoke hearts, and the remaining 1 teaspoon of salt until the spinach is wilted and the artichokes are warmed through, about 4-5 minutes. Stir in the Parmesan. Nestle the cooked chicken into the sauce and turn to coat.
4. Sprinkle it with parmesan, basil, and pepper. Serve with crusty bread on the side.