



Garden Fresh Farm Recipes

Chicken with Spinach and Mushrooms in Creamy Parmesan Sauce

Chicken with Spinach and Mushrooms in creamy Parmesan sauce is easy and quite tasty! It's a wonderful dish to make for the company coming over.

Ingredients:

Chicken and Mushrooms:

4 chicken breasts halved crosswise
2 Tbsp olive oil
10 oz (1 package) mushrooms sliced
Salt and pepper to taste

Creamy Parmesan Sauce:

4 cloves garlic minced
4 Tbsp butter
1 Tbsp rice or wheat flour
1 cup chicken broth
1 cup heavy cream
1/2 cup grated Parmesan cheese
1/2 Tsp salt
1/2 tsp garlic powder
1/4 tsp black pepper
1 cup spinach

Directions:

Chicken and mushrooms: In a large skillet, add olive oil and heat it over medium high heat. When the pan is hot, add chicken and cook for about 4 minutes on each side until browned for a total of 8 minutes. Remove it onto a plate and add the sliced mushrooms in. Add in salt. In about 5 more minutes, your mushrooms should look nice and moist, and dark. Once cooked, remove them from the pan.

Sauce: To make the sauce, add butter to the pan, allow it to melt and then cook garlic in it until slightly browned – only for a couple of minutes. Add 1 tablespoon flour (omit flour if you like your sauce to be a little more runny). Slowly add chicken broth, heavy cream and Parmesan cheese and allow them to blend for 2-3 minutes. Add salt, garlic powder and pepper. Taste the sauce and adjust the seasoning, if necessary.

Putting it all together: Add spinach to the mixture and allow it to wilt. I added 1 cup of spinach, but you can certainly add more or less depending on your preference. Add the chicken and



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mushrooms back into the pan and allow them to reheat for 2-3 minutes. Close the lid to help the heat stay in. Serve immediately.