

Italian Chicken

Description

AWESOME!

Ingredients

Instructions

4 boneless, skinless chicken breasts (or chicken parts)

1 t chili powder

1 t salt

1/2 t pepper

4 T olive oil

6 T butter

1 c reduced-sodium chicken broth

8 T oil-packed sun-dried tomatoes, drained and thinly sliced

1 lb sngel hair pasta

2 c heavy cream

4 T capers, crained and rinsed

1 c canned artichokes, drained and sliced

5 oz. fresh baby spinach (can use more)

Summary

Yield: 8

Prep Time: 45 minutes

Category: Dinner

Italian Chicken

- Preheat oven to 200 degrees F.
- Pound chicken between sheets of wax paper to 1/4 in. thickness; sprinkle with chili powder, salt and pepper
- Heat oil in a large skillet over medium heat. Add butter. After melted, add chicken and cook about 8 minutes, turning once. Transfer chicken to baking dish and place in oven to keep warm.
- Pour broth into pan and add tomatoes. Cook about 3 minutes.
- Cook pasta.
- Add cream to broth mixture, cook about 30-40 minutes. Add capers and artichokes.
- Plate: pasta, spinach, chicken, sauce. Mmmmmm!