

THANK YOU FOR REQUESTING THE CREAMED SPINACH & MUSHROOM SMOTHERED CHICKEN RECIPE IF YOU
LIKE THIS RECIPE YOU WILL
ABSOLUTELY LOVE ❤️ THE TOTAL HEALTH PROGRAM I AM FOLLOWING.
I AM ACHIEVING RESULTS LIKE NEVER BEFORE!!
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Creamed Spinach & Mushroom Smothered Chicken

ingredients

FOR THE CREAMED SPINACH:

- 6 cups spinach leaves
- 2 ounces reduced fat cream cheese
- 1/8 C shredded parmesan cheese
- 1 clove garlic, minced
- 3 T onion, minced
- olive oil in a mister bottle
- ¼ tsp Salt
- ½ tsp pepper

FOR THE SAUTEED MUSHROOMS:

- 8 oz package of mushrooms, sliced
- 2 Tbs butter
- olive oil in mister bottle
- 1/2 C chicken broth
- 2 cloves garlic, minced
- ¼ tsp Salt
- ½ tsp pepper

FOR THE CHICKEN:

- 2¾ pounds chicken breasts, sliced in half horizontally to make 8 thinner breast portions
- 4 oz shredded part-skim Mozzarella
- ½ tsp garlic powder
- ¼ tsp seasoned salt
- ¼ tsp pepper

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directions

Preheat the oven to 350 degrees .

Sprinkle the garlic powder, seasoned salt, and pepper on both sides of the chicken. Bake for 16 minutes.

Meanwhile, make the creamed spinach.

Over medium-high heat, mist olive oil in a skillet. Add in the minced onions and saute 2-3 minutes. Add in the spinach and garlic. It will shrink ridiculously.

When it's cooked through, stir in the cream cheese and Parmesan cheese.

Continue cooking and stirring until the cream cheese is melted. Remove from heat.

For the mushrooms, melt butter and mist olive oil in a skillet. Put the mushrooms in and cook until browned all over.

Don't season with salt until they are browned or they will never brown. Add in the garlic and season with salt and pepper.

Flip the chicken pieces over. Divide the spinach and mushrooms over the top of each breast. Place cheese on top of chicken. Cook another 12-14 minutes or until cheese is browned and chicken is done.

Makes 6 servings

Per serving

1 Leaner protein 1 Green 3 Condiments 1 Fat