

Cheryl's CREAMY TUSCAN CHICKEN



SERVES: 4-6

FAVORITE RECIPE FROM:

INGREDIENTS

- 2 chicken breasts (boneless, skinless, boiled then sliced)
- 1½ cups sliced cherry tomatoes
- ¼ cup sliced red pepper
- ½ of 5 oz. bag baby spinach (about 2 cups)
- 1 cup fresh grated Parmesan
- 1½ tbsp minced garlic
- 2 tbsp butter
- 2 tbsp olive oil

HERBS & SEASONING

- 1 tsp dried basil
- 1 tsp dried oregano
- ½ tsp dried thyme
- ½ tsp black pepper
- ½ tsp salt (or to taste)

GNOCCHI

- ¾ bag gnocchi (about 12 oz.)
- 2 tbsp butter
- 1 tbsp minced garlic

METHOD

1 Cook the Chicken:

Heat olive oil in a pan. Boil chicken breasts until cooked through. Remove from pan and slice into strips.

2 Sauté Aromatics & Vegetables:

In the same pan, add butter. Add minced garlic and sauté 30 seconds until fragrant. Add red pepper and cherry tomatoes. Cook until tomatoes begin to burst. Add spinach and cook until wilted.

3 Build the Sauce:

Add herbs (basil, oregano, thyme), salt and pepper. Pour in heavy cream and bring to a gentle simmer. Stir in Parmesan cheese until melted and smooth.

4 Add Chicken:

Add sliced chicken to the sauce. Simmer 5 minutes to let flavors combine.

5 Cook the Gnocchi:

In a separate pan, melt butter over medium heat. Add minced garlic and cook until fragrant. Add gnocchi and cook until golden brown. Sprinkle with Parmesan and toss.

6 Finish & Serve:

Add gnocchi to the creamy Tuscan chicken. Stir gently to combine and simmer 2-3 minutes. Serve hot with extra Parmesan and fresh herbs if desired.

NOTES

- Fry gnocchi in 2 tbsp. butter with 1 tbsp. minced garlic until golden, then add to chicken.

HERB BENEFITS



Basil – adds sweet, aromatic flavor and complements tomatoes.



Oregano – provides classic Italian flavor and antioxidant compounds.



Thyme – adds earthy depth and enhances the cream sauce.



Garlic – enhances flavor and provides natural health benefits.

Serve & enjoy!!

♥ SIMPLE INGREDIENTS. HERBAL GOODNESS. MADE WITH LOVE. ♥

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