



COOKING
WITH HERBS
FOR HEALTH,
FLAVOR &
TRADITION

Cheryl's CHICKEN FLORENTINE

*Tender chicken in a creamy garlic sauce
with spinach and herbs.
A comforting, elegant dish
full of flavor and nutrition.*



INGREDIENTS

- 4 boneless, skinless chicken breasts
- Salt and black pepper
- 2 tbsp olive oil
- 2 tbsp butter
- 3 cloves garlic, minced
- 1 tsp Italian seasoning
- ½ tsp dried thyme
- ½ tsp dried basil
- 1 cup (240 ml) chicken broth
- 1 cup (240 ml) heavy cream
- 1 cup (100 g) shredded Parmesan cheese
- 4 cups fresh spinach, chopped
- Optional: ¼ cup sun-dried tomatoes, chopped

INSTRUCTIONS

1. Season chicken with salt, pepper, Italian seasoning, thyme, and basil.
2. Heat olive oil in a large skillet over medium-high heat. Add chicken and cook 5–6 minutes per side until golden and cooked through. Remove and set aside.
3. In the same skillet, melt butter and sauté garlic for 30 seconds until fragrant.
4. Add chicken broth and scrape up any browned bits.
5. Stir in heavy cream and Parmesan cheese. Simmer 3–5 minutes until sauce thickens.
6. Add spinach and sun-dried tomatoes (if using). Stir until spinach wilts.
7. Return chicken to the skillet and spoon sauce over the top. Simmer 2–3 minutes to warm through.
8. Garnish with fresh herbs and serve hot.

Herbal Benefits

Spinach is rich in iron, vitamins A & K, and antioxidants that support immune health and healthy skin.

Garlic and herbs support heart health and circulation. A dish that nourishes inside and out!

SERVE WITH



SCAN
ME



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*From my kitchen
to yours ♥*