

Everything Herbal

by Cheryl Jabz

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Heals More Than Hunger ♥

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A Healthier You ♥

Comfort
in Every
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Bubbie's Tuscan Chicken Over Cheese Ravioli

CREAMY ♥ HERBY ♥ COMFORTING ♥ ITALIAN-INSPIRED LOVE ON A PLATE

Ingredients

2 boneless, skinless chicken breasts
(about 1 lb.), pounded to even thickness
1 tsp Italian seasoning
½ tsp salt
½ tsp black pepper
2 tbsp olive oil
3 cloves garlic, minced
½ cup sun-dried tomatoes, chopped
(in olive oil, drained)
1 cup heavy cream
½ cup chicken broth
½ cup grated Parmesan cheese
2 cups fresh spinach, chopped
1 (20 oz.) package refrigerated
cheese ravioli
¼ tsp crushed red pepper flakes
(optional, for a little heat)
Fresh basil, for garnish
Extra Parmesan, for serving

Real Ingredients
Real Nourishment
Real Life ♥

Directions

- 1 Season the chicken** – Sprinkle Italian seasoning, salt, and pepper on both sides of the chicken breasts.
- 2 Cook the chicken** – In a large skillet, heat olive oil over medium-high heat. Add chicken and cook 5–6 minutes per side, until golden and cooked through (165°F). Remove from skillet, let rest a few minutes, then slice.
- 3 Sauté the garlic and tomatoes** – In the same skillet, reduce heat to medium. Add garlic and cook for 1 minute, until fragrant. Stir in sun-dried tomatoes.
- 4 Make the sauce** – Pour in chicken broth and heavy cream. Stir and bring to a gentle simmer. Add Parmesan cheese, Italian seasoning (if desired), and crushed red pepper flakes. Let the sauce thicken for 3–5 minutes.
- 5 Add the spinach** – Stir in chopped spinach and cook until wilted.
- 6 Cook the ravioli** – While the sauce simmers, cook ravioli according to package directions. Drain and set aside.
- 7 Combine** – Return sliced chicken to the skillet, spoon sauce over the top, and let it warm for 2–3 minutes.
- 8 Serve** – Place cheese ravioli on plates, top with Tuscan chicken and creamy sauce. Garnish with fresh basil, extra Parmesan, and a little cracked black pepper.

Bubbie's Tip: ♥

Use the oil from the sun-dried tomatoes for extra flavor, and don't skip the fresh basil – it makes it taste like love.

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