

Creamy Tuscan Chicken

This creamy Tuscan chicken recipe is a dinner winner! Seared Italian chicken simmers in a rich and creamy, spinach and sun-dried tomato sauce. For visual reference - be sure to check out the video above!



4.99 from 350 votes

Prep Time 15 mins	Cook Time 20 mins	Total Time 35 mins
----------------------	----------------------	-----------------------

Course: Dinner Cuisine: Italian
Keyword: Marry Me Chicken, Tuscan Chicken, Tuscan Chicken Recipe Servings: 4 servings Author: Lisa Bryan

Ingredients

- 4 boneless skinless chicken breasts
- 1 teaspoon Italian seasoning or a mix of individual spices such as oregano, thyme, basil, and rosemary
- 1 teaspoon kosher salt
- 0.5 teaspoon freshly ground black pepper
- 3 tablespoons extra virgin olive oil
- 4 garlic cloves minced
- 40 g finely chopped yellow onion
- 55 g sun-dried tomatoes thinly sliced
- 60 g baby spinach
- 357 g heavy cream *see note above for dairy-free options
- 25 g freshly grated parmesan

Instructions

1. **Prep the chicken.** Season both sides of each chicken breast in Italian seasoning, salt, and pepper.
2. **Sear the chicken.** Heat 2 tablespoons of the oil in a large skillet over medium heat. Add the chicken and sear for 3 to 4 minutes on each side, until golden. Remove the chicken from the pan to a plate and set aside.
3. **Cook the onions.** In the same skillet, add another tablespoon of oil and the onion. Saute for 2 to 3 minutes, until the onion has softened.
4. **Add the sun-dried tomatoes and garlic** and saute another minute, until fragrant.
5. **Add the spinach**, and saute another minute, until just starting to wilt.
6. **Add the heavy cream and parmesan cheese**, stir together, and bring to a simmer.
7. **Let it simmer.** Place the chicken back in the skillet and cook until heated through, about 5 minutes.

Nutrition

Calories: 595kcal | Carbohydrates: 9g | Protein: 30g | Fat: 49g | Saturated Fat: 24g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 18g | Trans Fat: 0.01g | Cholesterol: 179mg | Sodium: 896mg | Potassium: 850mg | Fiber: 2g | Sugar: 3g | Vitamin A: 2994IU | Vitamin C: 22mg | Calcium: 158mg | Iron: 2mg