
Chicken Florentine

4 portions

4 boneless skinless chicken breasts
2 Tablespoons olive oil
2 Tablespoons Butter
1 teaspoon salt
1/2 teaspoon pepper
2 teaspoons Italian Seasoning
1/2 cup flour
1/4 cup Parmesan cheese, finely shredded
1 teaspoon garlic powder
4 cloves garlic, minced
1 1/2 cups white wine, or chicken broth
1 cup half and half
1/3 cup softened cream cheese
3 cups fresh spinach
1/2 fresh lemon or 1.5 tablespoons lemon juice, optional
Fresh parsley, to garnish

- 1 Place saran wrap over each chicken breast and use a meat tenderizer to pound it until it's about 1/2-inch thick and of equal thickness throughout. Pat dry.
- 2 Combine chicken dredge ingredients. Coat the chicken in the flour mixture, tap off any excess.
- 3 Melt the butter and olive oil in a skillet over medium-high heat.
- 4 Add the chicken and cover the pan. Cook for 4-5 minutes per side, until golden. If needed, sear in 2 separate batches. Set aside on a plate once cooked, it's done when the internal temperature reaches 165 degrees.
- 5 Decrease heat to medium and add the garlic. Cook for 1 minute.
- 6 Add the white wine and deglaze the pan by running a silicone spatula on the bottom to scrape up the brown bits from the pan. This gives the sauce plenty of flavor. Increase heat slightly and allow it to gently bubble until the liquid is reduced by half, about 5 minutes.
- 7 Temper the half and half by heating in the microwave for 40 seconds. Add it to the skillet in splashes, stirring as you do so. Bring it to a gentle bubble, then reduce heat to low.
- 8 Stir in the softened cream cheese until smooth and combined.
- 9 Add spinach until it's soft and wilted. Add lemon juice if desired.
- 10 Return the chicken & any drippings back to the pan. Cover to heat through. Sprinkle with parsley and serve!