

# Chicken and Potatoes in Creamy Garlic Parmesan Sauce

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Serves 6, 5 FSP per serving

Adapted from [Damn Delicious.com](http://DamnDelicious.com)

- 6 boneless, skinless chicken breasts
  - 1 Tbsp Italian seasoning
  - salt and pepper, to taste
  - 5 Tbsp light butter, divided
  - 3 cups baby spinach, roughly chopped
  - 1 lb baby potatoes, halved and par boiled for about 7 minutes
  - 2 Tbsp chopped fresh parsley, optional
  - 4 cloves garlic, minced
  - 2 Tbsp flour
  - 1 cup fat free chicken broth, more as needed
  - 1 tsp dried thyme
  - 1/2 tsp dried basil
  - 1/2 cup fat free half and half
  - 1/2 cup freshly grated Parmesan
1. Preheat oven to 400. Spray a 9X13 baking dish with non stick spray.
  2. Season chicken with Italian seasoning and salt and pepper to taste.

3. Melt 1 Tbsp butter in a large skillet over medium high heat. Add chicken and sear both sides until golden brown – about 2-3 minutes per side. Remove from pan
4. In the same pan, melt 1 more tablespoon of butter. Stir in spinach and cook, stirring occasionally, until it begins to wilt, about 2 minutes. Set aside
5. To make the garlic parmesan sauce, melt remaining 3 Tbsp butter in the skillet over medium heat. Add garlic and cook stirring frequently, until fragrant, about 1 minute. Whisk in flour until lightly browned, about 1 minute.
6. Gradually whisk in chicken broth, thyme and basil. Cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in half and half and parmesan until slightly thickened, about 1-2 minutes. If the mixture is too thick, add more chicken broth as needed, season with salt and pepper to taste.
7. Place chicken in a single layer into the prepared baking dish. Top with potatoes, spinach and cream sauce. Cover with foil.
8. Place into oven and roast until completely cook through, reaching an internal temperature of 165 degrees, about 25-30 minutes. Check potatoes with a thin blade knife for doneness.
9. Serve immediately, garnished with parsley if desired