

# Creamy Parmesan Garlic Chicken

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Adapted from [gimmedelicious.com](http://gimmedelicious.com)

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:6205abcd2670252b2945b3a0>

- 4 5 oz boneless, skinless chicken breasts
  - salt and pepper to taste
  - 1 tsp olive oil
  - 3-4 cloves garlic, minced
  - 1 cup fat free half and half
  - 1 Tbsp Italian seasoning
  - 1/2 cup parmesan cheese, grated
  - 1 cup spinach, chopped
1. Season chicken with salt and pepper. Heat olive oil in a large heavy skillet or pan. Add the chicken to the pan and cook for 5-6 minutes per side or until golden brown and the chicken is cooked through (cooking time will depend on the thickness of your chicken)
  2. Remove the chicken from the pan, reduce heat to medium-low and add garlic; stir for 30 seconds. Add the half and half, Italian seasoning and parmesan cheese. Stir to

combine. Stir in 1 cup of chopped spinach. Simmer for another 2-3 minutes

3. Return chicken to pan and simmer for another minute. Serve over pasta or rice with sauce

Main Course

Chicken

creamy, parmesan