

## RECIPE



# HEALTHY CREAMY ITALIAN CHICKEN SKILLET

4 SERVINGS



## INGREDIENTS

4 (6 oz.) boneless, skinless chicken breasts

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1 tsp. Italian seasoning

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$\frac{3}{4}$  tsp. kosher salt

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$\frac{1}{4}$  tsp. black pepper

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1 Tbsp. extra-virgin olive oil, divided

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$\frac{1}{2}$  c. onion, chopped

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2 cloves garlic, minced

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$\frac{1}{2}$  c. sun-dried tomatoes, sliced

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$\frac{1}{2}$  c. low-sodium chicken broth (or use a dry white wine)

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4 oz. plain reduced-fat cream cheese

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1 c. shredded mozzarella cheese

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Grated Parmesan cheese, chopped

fresh parsley for serving

## INSTRUCTIONS

- 1 Wash hands with soap and water.
- 2 Heat 2 teaspoons of the olive oil in a large skillet over medium-high heat.
- 3 Season chicken breasts with the Italian seasoning, salt and pepper. (Do not rinse raw poultry or meat.) Add to pan and sear for 4 minutes on each side, until golden brown. Wash hands with soap and water.
- 4 Remove chicken breasts from the skillet to a plate and cover with aluminum foil to keep warm. (They will finish cooking later.)
- 5 Reduce heat to medium and add remaining teaspoon olive oil to pan.
- 6 Add diced onion and cook, stirring occasionally, for 4-5 minutes, until softened. Add garlic and sun-dried tomatoes and sauté for 30 more seconds.
- 7 Add chicken broth and cream cheese and stir until melted.
- 8 Return the chicken breasts to the skillet, along with any accumulated juices, and turn to coat them in the sauce. Top the chicken breasts with the mozzarella cheese (about  $\frac{1}{4}$  cup for each one).
- 9 Cover the pan, reduce the heat to medium-low and cook for 7-9 minutes, until the internal temperature reaches 165 °F on food thermometer. (Exact cook time will depend on how thick your chicken breasts are.)
- 10 Serve chicken breasts with extra sauce spooned over the top and enjoy!

RECIPE COURTESY OF: [FamilyFoodontheTable.com](http://FamilyFoodontheTable.com)

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).

Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org)

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