HEALTHY CREAMY ITALIAN CHICKEN SKILLET

4 SERVINGS

INGREDIENTS

4 (6 oz.) boneless, skinless chicken breasts
1 tsp. Italian seasoning
⅛ tsp. kosher salt
⅛ tsp. black pepper
1 Tbsp. extra-virgin olive oil, divided
½ c. onion, chopped
2 cloves garlic, minced
½ c. sun-dried tomatoes, sliced
½ c. low-sodium chicken broth (or use a dry white wine)
4 oz. plain reduced-fat cream cheese
1 c. shredded mozzarella cheese
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 ¼ 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

CORE FOUR RULES OF FOOD SAFETY

Clean: Wash hands and surfaces often.
Separate: Don’t cross-contaminate.
Cook: Cook to the safe internal temperature.
Chill: Refrigerate or freeze promptly.

Learn more about food safety at StoryOfYourDinner.org