

Creamy

TUSCAN CHICKEN WITH ARTICHOKES

INGREDIENTS

- 4 large chicken breasts
- 1 Tbsp avocado oil
- 1 Tbsp ghee (or butter, or avo oil)
- 1/2 medium onion
- 3 cloves garlic, minced
- 1 13.5 oz can coconut cream (or full-fat, unsweetened)
- 2 packed cups fresh spinach
- 1/2 cup sun-dried tomatoes
- 1 14oz can quartered artichoke hearts
- fresh basil, garnish

Verve with roasted potatoes, cauliflower rice, zucchini noodles, or spaghetti squash

SERVINGS

6

PREP TIME

15 MIN

COOK TIME

30 MIN

DIRECTIONS

1. Liberally season both sides of each chicken breast with salt.
2. Heat avocado oil in large skillet over medium-high heat. Once oil is hot and shimmering, place chicken breasts in skillet. Cook 5 to 6 minutes per side, depending on thickness of chicken breast. Once chicken is browned and firm on both sides, transfer to plate and set aside.
3. Clean any browned or burnt residue from skillet, then return to heat. Lower heat to medium and add ghee (or butter or avocado oil). When ghee is melted, add minced onion (the other half from omelet recipe!) and garlic. Cook, stirring constantly, until fragrant - approximately 30 to 60 seconds.
4. Pour in coconut cream and stir well. Add spinach, sun-dried tomatoes, and artichoke hearts. Stir well, then allow sauce to simmer until well combined and slightly thickened, approximately 5 minutes.
5. Return chicken to skillet and turn 2 to 3 times, to coat in sauce. Serve warm with roasted potatoes, cauliflower rice, zucchini noodles, or spaghetti squash.

