

Perfect Pesto Chicken



<40 min



2-4 servings



Ingredients

- 2 boneless, skinless chicken breasts (or if you prefer 2 boneless, skinless thighs)
- 2 cups spinach (rinsed)
- 1 cup basil
- 1-2 cloves garlic (crushed)
- ¼ cup olive oil
- ¼ cup pine nuts
- 1 tsp salt (or add to taste)
- ¼ tsp pepper

Preparation

Heat a large skillet to medium-heat, coat with 1 Tbsp olive oil. Add the chicken breasts and let them brown on one-side for 1 minute. Flip them over. Cover the pan and cook on low for 10 minutes. DO NOT lift the lid or peek! Then remove from heat and let sit covered for another 10 minutes. DO NOT lift the lid or peek! This method lets them poach from the “inside out” in their own juices in a covered pan.

Make sure the chicken is fully cooked (not pink inside or check with a thermometer - 165°F). Cut into strips, place back into the skillet.

Put all the other pesto ingredients into a food processor and mix 2-3 minutes until blended smooth.

Heat the skillet to medium. Add the pesto to the chicken, reduce to low and cook for 5-7 minutes.



This chicken dish is a tasty dinner that you can make in a skillet (no baking necessary!). It's wonderful as a salad garnish or with your favorite starch.

- Protein (chicken)
- Fiber (spinach, basil)
- Vitamins & Minerals... A, K, folate, iron, magnesium (spinach, basil)
- Healthy Fats (olive oil, pine nuts)
- Immune Boosts (garlic, spinach)