

Recipe of the Month

Spinach and Chicken Skillet

January 2011

- 6 boneless skinless chicken breast halves (about 1 $\frac{3}{4}$ lb)
- 1 cup fat-free milk
- $\frac{1}{2}$ cup fat-free chicken broth
- 1 medium onion, chopped ($\frac{1}{2}$ cup)
- 10 oz. of washed fresh spinach
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon ground nutmeg



1. Heat 12-inch nonstick skillet over medium heat. Cook chicken in skillet 2 minutes on each side; reduce heat to medium-low. Stir in milk, broth, and onion. Cook about 5 minutes, turning chicken occasionally, until onion is tender.
2. Stir in spinach. Cook 3 to 4 minutes, stirring occasionally, until spinach is completely wilted and juice of chicken is no longer pink when centers of thickest pieces are cut. Remove chicken from skillet; keep warm.
3. Increase heat to medium. Cook spinach mixture about 3 minutes or until liquid has almost evaporated. Stir in salt, pepper, and nutmeg. Serve chicken on spinach. Sprinkle with additional pepper, if desired. **Makes 6 servings.**

Nutritional Information per Serving:

Calories 200 (Calories from fat 45); Total Fat 4 $\frac{1}{2}$ g (Saturated fat 1 $\frac{1}{2}$ g); Cholesterol 85 mg; Sodium 310 mg; Total Carbohydrate 5 g; Dietary Fiber 1 g; Protein 33 g

