



Tuscan Garden Chicken

Ingredients

(Keto-friendly)

- 1-2 lbs chicken thighs
- 3 tablespoons [Fustini's Tuscan Herb olive oil](#), divided
- 3 tablespoons minced garlic
- 1 cup heavy cream
- 1/3 cup chicken broth
- 3/4 cup fresh grated parmesan cheese
- 1 tablespoon [Fustini's Tuscan Spice blend](#)
- 1/2 teaspoon kosher salt
- 1/2 teaspoon cracked pepper
- 1/3 cup chopped sun-dried tomatoes
- 2 cups fresh spinach
- zoodles or cauliflower rice for serving

Sharon's Hint

photo with chicken breasts. Adapted from how2doketo.com

Directions

Step 1.

Heat 1 tablespoon oil in a large saucepan over medium-high heat. Add garlic and sauté for 2 minutes, or until the garlic is lightly browned. Add heavy cream, chicken broth, and bring to a slow simmer. Reduce heat as needed and continue to simmer for 10 minutes until sauce begins to thicken.

Step 2.

Coat the bottom of the dutch oven pan with about 2 tablespoons of olive oil and place chicken thighs in the pan. Add Tuscan Spice blend, kosher salt, cracked pepper and chopped sun-dried tomatoes. Sprinkle the parmesan cheese into the sauce and whisk until smooth.

Step 3.

Pour the sauce over the chicken, reduce heat to low under the dutch oven pan. Cook for at least 30 minutes. Remove chicken from the dutch oven and add spinach. Stir spinach until it is slightly wilted. Place the chicken back into the dutch oven and spoon the sauce and spinach onto the top of the chicken. Cook for an additional 10 minutes, or until the internal temperature reaches 165 degrees.

Serve over zoodles or cauliflower rice.