

Chicken with Sundried Tomato Cream Sauce

1 1/2 lb chicken breast (2 or 3 medium chicken breasts)
1/2 teaspoon salt and pepper
1 tablespoon Italian seasoning
1/2 teaspoon red chili pepper flakes, optional
1 teaspoon onion powder
1 teaspoon paprika
1/2 tablespoon olive oil
1/2 cup sun-dried tomatoes, drained of oil, chopped into small bits
2 cups chopped spinach
1/2 cup shredded Parmesan
1/2 tablespoon unsalted butter
3 garlic cloves, minced
1 cup heavy whipping cream
1/3 cup shredded mozzarella
1/3 cup (80ml) low-sodium chicken stock (or one chicken bouillon cube with water)

Method: Preheat your oven to 375. In a baking dish, marinate chicken breasts with salt, pepper, Italian seasoning, red chili pepper flakes, onion powder, paprika, a little of the drained oil from the sundried tomatoes, and 1/2 tablespoon olive oil. Top the seasoned chicken breasts with chopped sun-dried tomatoes. Then cover with chopped spinach. To make the cream sauce: heat 1/2 tablespoon butter in a medium saucepan over medium heat. Add minced garlic and sauté for about a minute, until fragrant. Add the heavy whipping cream and crumbled bouillon cube. Lower the heat and bring to a gentle simmer for about 10 minutes. The sauce should thicken enough to coat the back of a spoon. Add 1/4 cup shredded mozzarella to the sauce and mix well until incorporated. When the sauce is ready, pour over the chicken, sundried tomatoes, and spinach in the baking dish. Sprinkle the remaining 1/2 cup shredded parmesan on top. Bake the chicken casserole in the oven for 30 to 35 minutes, until the chicken is cooked through. Remove from the oven and serve the creamy chicken breast bake immediately, sprinkled with fresh chopped parsley. We usually serve this over pasta, but it's not necessary to do so.