

Foodnity Recipes

Creamy Parmesan Chicken Skillet

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

The Chicken

- [ ] 4 boneless, skin-less chicken breasts (about 6 oz each)
- [ ] salt and freshly ground black pepper, to taste
- [ ] 1 tablespoon olive oil

The Creamy Sauce

- [ ] 2 tablespoons unsalted butter
- [ ] 4 cloves garlic, minced
- [ ] 1/2 cup finely diced onion
- [ ] 3/4 cup low-sodium chicken broth
- [ ] 3/4 cup heavy cream
- [ ] 1 cup freshly grated Parmesan cheese
- [ ] 1/2 teaspoon dried Italian seasoning

Finishing Touches

- [ ] 1 cup fresh spinach leaves (optional)
- [ ] chopped fresh parsley, for garnish

Instructions

1. Start by seasoning each chicken breast on both sides with salt and pepper. I like to be generous here; it's the foundation of the flavor, you know?
2. Heat your olive oil in the skillet over medium-high heat. Add the chicken and sear for 3–4 minutes per side until they're just lightly browned and looking pretty. Once they're done, transfer the chicken to a plate and set them aside for a bit.
3. Turn the heat down to medium and add the butter to that same skillet—don't wash it! Once it's melted, toss in the minced garlic and diced onion. Sauté them until the onion is translucent, which usually takes about 2 minutes.
4. Pour in the chicken broth and give it a good stir, scraping up all those lovely brown bits from the bottom. Let the liquid come to a gentle simmer and reduce by about one-third, maybe 3 minutes, to really concentrate that flavor.
5. Stir in the heavy cream, then whisk in the grated Parmesan. Keep stirring until the sauce is smooth and starts to thicken up, which takes about 2 minutes. It smells heavenly at this point.
6. Return the chicken breasts to the skillet, nestling them right into that creamy sauce, and cover the pan. Simmer for 8 minutes, or until the chicken hits an internal temperature of 165°F and the sauce is clinging to the meat.

7. Add in the fresh spinach leaves and stir just until they wilt, about 1 minute. Now, taste the sauce—honestly, this is where you decide if it needs a pinch more salt, pepper, or Italian seasoning.

8. Spoon that rich sauce over the chicken and sprinkle with chopped parsley. Now, here is the hard part: let it rest for 2 minutes so the flavors can really meld together.

Nutrition per serving

480 kcal	38 g	12 g	32 g
Calories	Protein	Carbs	Fat

Tips & notes

- Freshly grated cheese makes a world of difference in how the sauce melts.
- Don't rush the reduction of the chicken broth; it's where the depth comes from.
- The spinach is optional, but it adds a nice pop of color and a bit of freshness.