

Foodnity Recipes

Tuscan Tomato Chicken Skillet

10 min Prep time	**25 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Chicken Preparation

- [ ] 4 boneless skin-less chicken breasts (about 1½ lb)
- [ ] Salt and freshly ground pepper, to taste
- [ ] ½ teaspoon dried oregano

The Sauce

- [ ] 2 tablespoons extra-virgin olive oil
- [ ] 1 medium onion, diced (about ½ cup)
- [ ] 3 cloves garlic, minced (about 3 teaspoons)
- [ ] ¼ teaspoon red pepper flakes
- [ ] ½ cup sun-dried tomatoes, sliced (3 oz)
- [ ] 1 (14.5 oz) can crushed tomatoes
- [ ] 1 cup low-sodium chicken broth (240 ml)

Finishing Touches

- [ ] 1 cup fresh spinach, roughly chopped
- [ ] ¼ cup toasted pine nuts (1/2 cup)
- [ ] ¼ cup grated Parmesan cheese, plus extra for serving
- [ ] 2 tablespoons fresh basil, chopped (1 tablespoon)

Instructions

1. First things first, we'll get the chicken ready. Season those 4 boneless skin-less chicken breasts generously with salt, pepper, and a pinch of dried oregano. I usually just let them rest for a bit while I get everything else organized—it gives the flavors a chance to settle in.

2. Warm up your 2 tablespoons extra-virgin olive oil in a large skillet over medium-high heat. Once it's shimmering, add the chicken. Cook for about 3–4 minutes per side until they're a lovely golden brown. They'll still be pink in the center, which is just fine for now; remove them from the pan and set them aside.

3. Now, lower the heat to medium. Toss in the 1 medium onion, diced, and sauté for 3 minutes until it's translucent and soft. Then, stir in the 3 cloves garlic, minced, ¼ teaspoon red pepper flakes, and ½ cup sun-dried tomatoes, sliced. Cook for another minute—wow, the smell at this point is just wonderful.

4. Stir in the 1 (14.5 oz) can crushed tomatoes and 1 cup low-sodium chicken broth. I like to pour the liquid down the sides of the pan to keep things smooth. Bring it gently to a boil, then let it simmer for 5 minutes so all those flavors can really marry.

5. Bring the browned chicken breasts back into the skillet, nestling them right into that cozy sauce. Cover the pan loosely with a lid and simmer for 8–10 minutes. You're looking for an internal temperature of 165 °F (74 °C).

6. Stir in the 1 cup fresh spinach, roughly chopped, and ¼ cup toasted pine nuts. Cook for just 2 minutes—enough for the spinach to wilt and the nuts to get warm.

7. Fold in the ¼ cup grated Parmesan cheese and 2 tablespoons fresh basil, chopped. This creates a glossy, cheesy layer that looks so professional. Taste it now—feel free to add a pinch more salt, pepper, or even a little squeeze of lemon if you're feeling it.

8. Here is a little trick: lift the sauce off the skillet for a moment and give the contents a gentle swirl. It keeps the chicken juicy and ensures the sauce stays silky.

9. Carefully transfer each chicken breast to a plate and spoon that beautiful tomato-pine nut sauce right over the top. A little extra Parmesan on top for a golden finish makes it feel special.

10. Serve this immediately. I honestly love it with a side of pasta, creamy polenta, or just some crusty Italian bread to soak up every last drop of that savory sauce.

Nutrition per serving

380 kcal	36 g	14 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pouring the liquid down the pan walls prevents splashing and incorporates the browned bits better.
- Using a meat thermometer is the only way to be sure the chicken is juicy and not overcooked.
- The sauce thickens slightly during the simmer, creating a natural glaze for the meat.