

Chicken With Spinach and Mushrooms

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Serves 4

Hands-On Time: 20m

Total Time: 25m



Jose Picayo

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Ingredients

2 tablespoons olive oil
4 6-ounce boneless, skinless chicken breasts
kosher salt and black pepper
1 pound button mushrooms, quartered
1 red bell pepper, cut into 1/2-inch pieces
2 cloves garlic, chopped
1/2 cup dry white wine
2 bunches spinach, thick stems removed (about 8 cups)

Directions

1. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook until browned and cooked through, 5 to 7 minutes per side. Transfer to a plate.
2. Return the skillet to medium-high heat and heat the remaining tablespoon of oil. Cook the mushrooms and pepper, tossing, for 3 minutes. Add the garlic and wine and cook until the mushrooms are tender and the wine is nearly evaporated, 2 to 3 minutes. Toss in the spinach and 1/2 teaspoon each salt and pepper. Serve with the chicken.

By Sara Quessenberry, October 2009