



## Chicken with Spinach and Mushrooms

**Active Time:** 20 minutes | **Total Time:** 25 minutes | **Serves:** 4

### Nutrition Information Per Serving

244.6 calories, 6.88 g carbohydrate, 2.54 g fiber, 4.34 g NET carbs, 32.56 g protein, 9.09 g fat

#### Ingredients

- 2 -8oz. breast(s) pasture-raised chicken
- 2 clove(s) organic garlic, chopped
- 1/2 tsp(s) sea salt
- 1/2 tsp(s) freshly ground black pepper
- 8 cup(s) organic spinach
- 1/2 cup(s) organic dry white wine
- 2 Tbsp(s) organic avocado oil
- 16 ounce(s) organic button mushrooms, quartered

#### Preparation

1. Heat half of the oil in a large, safe, nonstick skillet over medium-high heat.
2. Season the chicken with half of the salt and pepper.
3. Cook chicken until golden brown and cooked through, about 5 to 7 minutes per side. Transfer to a plate.
4. Return the skillet to medium-high heat and heat the remaining oil.
5. Add the mushrooms and stir for 3 minutes.
6. Add the garlic and wine and cook until the mushrooms are tender and the wine is nearly evaporated, 2 to 3 minutes.
7. Toss in the spinach and remaining salt and pepper.
8. Serve with the chicken.

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