



Keto SpinachArtichoke Chicken

Savannah · 28/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

4

Description

Spinach artichoke dip meets baked chicken These juicy chicken breasts are smothered with a cheesy spinach and artichoke topping Its the ultimate comfort food for those following a keto or lowcarb lifestyle and will be loved by everyone in the family regardless of diet Serve with a side of roasted broccoli or asparagus or on top of cauliflower rice

Ingredients

- - ½ (10 ounce) package frozen spinach - 1 (4 ounce) package cream cheese
- softened - ½ (14 ounce) can quartered artichoke hearts
- drained and chopped - ¼ cup shredded Parmesan cheese - ¼ cup mayonnaise - ½ teaspoon garlic powder - ½ teaspoon salt - 4 (8 ounce) boneless
- skinless chicken breasts - salt and pepper to taste - 1 tablespoon olive oil - ½ cup shredded mozzarella cheese

Instructions

1. Microwave spinach in a medium bowl until warmed through
2. 2 to 3 minutes. Let cool slightly and squeeze to remove excess moisture. Return spinach to the bowl. Mix in cream cheese
3. artichoke hearts
4. Parmesan cheese
5. mayonnaise
6. garlic powder
7. and salt. Set aside. Pound chicken breasts to an even thickness
8. no more than 1-inch-thick. Season with salt and pepper on both sides. Preheat the oven to 375 degrees F (190 degrees C). Heat olive oil in a large skillet over medium-high heat. Brown chicken breasts in the hot oil
9. 2 to 3 minutes
10. working in batches if necessary. Place chicken breasts in a large baking dish. Spread spinach-artichoke mixture on top of each breast. Bake in the preheated oven until chicken is no longer pink in the center and the juices run clear
11. 20 to 22 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Top breasts with the mozzarella cheese and continue baking until cheese has melted
12. 1 to 2 more minutes. Cook's Note I usually use chicken breasts that are about 8 to 10 ounces.