

JUSTIN & CHRISTINA'S



RV VANLIFE



## CHICKEN CUTLETS WITH CREAMY SPINACH SAUCE

MAKES 4 SERVINGS / TOTAL TIME 20 MINUTES

### INGREDIENTS

- 1 pound chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- 1 tablespoon extra-virgin olive oil
- 1 cup chopped baby spinach
- ½ cup finely chopped red onion
- ⅓ cup roasted red peppers, thinly sliced
- ⅓ cup sun-dried tomato halves, thinly sliced
- ½ cup dry white wine
- ¾ cup sour cream

### METHOD

#### STEP 1

Sprinkle chicken with 1/8 teaspoon each salt and pepper. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, turning once, until cooked through, 6 to 8 minutes. Transfer to a plate.

#### STEP 2

Add spinach, onion, roasted red peppers and sun-dried tomatoes to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid is mostly evaporated, about 2 minutes. Reduce heat to medium and stir in sour cream, any accumulated chicken juices and the remaining 1/8 teaspoon each salt and pepper (simmer, stirring, for 2 minutes). Return the chicken to the pan and turn to coat. Serve the chicken topped with the sauce.

### NUTRITION VALUE

305 Calories: 13.5g fat, 4.8g saturated fat,  
1.3g fiber, 28.2g protein, 10.3g carbs