

# CREAMY TUSCAN CHICKEN

With Raven Tuffin, EFNEP Educator

## Creamy Tuscan Chicken

Makes 4 servings

### Ingredients:

- 4 bone in skin on chicken thighs
- 2 teaspoons of sea salt, for the chicken
- 1 teaspoon of pepper, for the chicken
- 1 tablespoon olive oil
- 3 cloves of garlic, chopped
- ½ cup onion, diced
- 1 14.5 can diced tomatoes
- 2 cups spinach
- 2 cups evaporated milk
- 1 teaspoon of sea salt, for dish
- 1 teaspoon of pepper
- ½ cup grated parmesan or Colby jack cheese
- 2 tablespoon fresh flat-leaf parsley, chopped

### Supplies Needed:

- Medium mixing bowl
- Large skilled (preferably cast iron)
- Tongs
- Mixing Spoon
- Liquid Measuring Cups
- Dry Measuring Cups and Spoons

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## Directions:

1. In large mixing bowl season chicken all over with salt and pepper
2. Heat the olive oil over medium-low heat.
3. Place chicken thighs skin side down in the skillet and cook for about 12 minutes to crisp up the skin. Move the chicken around from time to time to ensure it cooks evenly. The skin should be nice and golden brown when it ready to be flipped over.
4. Flip the chicken, and cook for an additional 13-15 minutes. Make sure the chicken is cooked thoroughly to 165°F (use a thermometer to check the internal temperature).
5. Remove chicken from the pan and set aside.
6. Add the garlic and onion, stirring to keep from sticking. Allow mixture to cook until onions become translucent.
7. Stir in the tomatoes and spinach and cook until spinach is wilted.
8. Add heavy cream, salt and pepper and bring to a boil.
9. Add the parmesan or colby jack cheese and stir until the sauce begins to thicken.
10. Place the chicken back in the pan and spoon sauce over top of the chicken.
11. Serve with your favorite grain whether brown rice, pasta, or quinoa.
12. Enjoy!

## Food Safety Tip:

**#1:** *Always make sure to wash and sanitize all utensils and workspace after handling raw chicken.*

**#2:** *Always use a food thermometer to check the internal temperature of all meats.*

**Chef Tip:** *You can use bone-in or boneless chicken thighs or breast with this recipe.*

**Money Saving Tip:** *Defrosted frozen spinach also works well in this dish. Cut costs on groceries by purchasing whichever items are on sale and give you the biggest bang for your buck.*