



Noreen's Kitchen

Smothered Chicken

Ingredients

2 pounds boneless skinless chicken breast	1 large onion, peeled, quartered and sliced
1 teaspoon garlic powder	3 cloves garlic, minced
1 teaspoon onion powder	1 pound sliced Crimini mushrooms
1 teaspoon salt free seasoning	1 bag (4 cups) fresh baby spinach
1 teaspoon paprika	8 ounces sliced Provolone Cheese
1 1/2 Tablespoons olive oil or vegetable oil	

Step by Step Instructions

Spray a large, heavy bottomed skillet with cooking oil spray.

Pre-heat skillet over medium high heat.

Wash and dry chicken and trim off any unnecessary fat.

Blend onion powder, garlic powder, salt free seasoning and paprika together and sprinkle over both sides of chicken.

Sear chicken in hot skillet cooking for 7 minutes on each side or until the juices run clear when pierced with a fork or knife.

Remove chicken from skillet to a warm plate and set aside while you prepare the rest of the dish.

Reduce heat to medium and add oil.

Sautee onion, garlic and mushrooms until the onion is translucent and the mushrooms are softened. That will take about 7 minutes. Make sure that you stir occasionally to avoid burning.

Add spinach to the pan and place a lid on top. Allow spinach to steam until wilted. This will take about 5 minutes.

Give all the veggies a good toss to combine. Push the veggies to the sides of the pan.

Add the chicken pieces back to the pan and cover them with the vegetable mixture.

Place slices of Provolone cheese on top of the chicken pieces and veggies. You may just want to arrange the cheese all over the top of the pan.

Turn off heat and cover pan with a lid. Allow the cheese to melt with the residual heat from the pan.

Serve with some rice pilaf or like I did with seasoned, oven baked potato wedges.

Enjoy!