**mushroom spinach chicken**

2 tablespoons butter

1/2 small sweet onion, diced

4 oz baby bella mushrooms, sliced

1 garlic cloves, minced

6 oz fresh spinach

2 oz goat cheese

7 6-oz thinly sliced chicken breast

1/4 cup parmesan cheese

Heat oven to 375 degrees

Melt butter in a large cast ion skillet ( or oven safe skillet\*) over medium heat. Add onions and mushrooms to the skillet, cook for 3 minutes or until the onions start to brown.

Add garlic and cook for 30 seconds, or until fragrant. Add spinach and cook till spinach wilts, about 1 minute. Salt and pepper  ½ tsp salt and ¼ tsp pepper

Move vegetables to a bowl with goat cheese, mix until the goat cheese melts and coats the vegetables

Salt and pepper each side of the chicken breast.

Add 1 tablespoon to butter to the skillet. Once it has melted add the chicken. Cook on each side till it;s brown. About 2 minutes for each side

Top the chicken with the vegetable mixture and sprinkle parmesan on top.

Bake for 12-15 minutes

Notes

If you don’t have an oven safe skillet do steps 1-5 in a large skillet, then add chicken to a sheet pan and cook chicken for 15-20 minutes.

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Key Words, Summary of what to expect, Sales Pitch - Chicken breast topped with mushroom, spinach, onion , goat cheese, and parmesan.

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