Savory Spinach Chicken

Description

I created this quick recipe for one simply by using what I had in the refrigerator. Now it's a favorite of mine!

Summary

Yield: 12
Prep Time: 30 minutes
Category: Poultry
Cuisine: American

Ingredients

- 1 boneless skinless chicken breast half or boneless pork chop
- 4 tbsp italian dressing
- 3 cup baby spinach
- 1 slice swiss or pepper jack cheese

Instructions

Place 3 tablespoons salad dressing in a large resealable plastic bag; add the chicken.

Seal bag and turn to coat; refrigerate for at least 2 hours.

Drain and discard marinade.

In a small skillet, brown chicken on each side.

Remove and keep warm.

In the same skillet, saute the spinach, remaining salad dressing and salt until spinach is wilted; drain.

Place chicken in a shallow baking dish coated with cooking spray.

Top with spinach and cheese.

Bake, uncovered, at 350° for 18-22 minutes or until chicken juices run clear.

Notes

good with rice on the side