



DAIRY FREE CREAMY TUSCAN CHICKEN Serves 2

Ingredients

Chicken

- 1 lb boneless, skinless chicken breast
- 1 tbsp + 2 tsp olive oil- divided
- 1/2 tsp dried oregano
- 1/2 tsp dried sage
- 1/2 tsp salt

Sauce

- 1 tbsp olive oil
- 5 cloves garlic, minced
- 1 tsp dried oregano
- 1/2 tsp dried sage
- 1/2 dried thyme
- 2 tbsp white wine or water
- 1- (14 oz) can heavy coconut cream
- 1 cup grated dairy free parmesan cheese
- 1 1/2 cups fresh spinach
- 1/4 cup oil packed sun dried tomatoes
- 1 tsp apple cider vinegar
- 1/2 tsp salt
- 1/4 tsp pepper

Note: Feel free to use ground sage and thyme. Serve with gluten free pasta of choice (Jovial capellini featured in image). This dish can also be made using dairy products. Just substitute the heavy cream and parmesan cheese.



Instructions

- **Cook the chicken:** Heat a large skillet over medium heat.
- In a large bowl add the 1 tbsp olive oil, oregano, sage, salt and pepper and mix it together.
- Cut the chicken breasts into thick strips length-wise and add it to the mixture.
- Toss the chicken until it's coated completely.
- Add the chicken to the heated pan. Use a spatula to make sure the chicken isn't sticking and add the 2 tsp of olive oil to the pan.
- Fully cook the chicken for 5-7 minutes on each side (based on the size of each piece) until a dark golden brown crust forms.
- Remove the chicken from the pan. Set it aside.
- **Make the sauce:** In a separate small bowl mix the oregano, sage, thyme, salt and pepper together.
- Place the pan back on the stovetop and add the rest of the olive oil and garlic. Turn the heat to medium and allow it to become fragrant (30 seconds).
- Stir in the oregano, sage mixture. Keep stirring for about 1 minute.
- Stir in the wine or water and deglaze the pan (scrape up the bottom).
- Add the can of heavy coconut cream and stir to combine. Bring to a soft simmer over medium heat for about 2-3 minutes.
- Reduce the heat to low and allow the sauce to simmer for an additional 10 minutes. Stir occasionally.
- Add the grated dairy free parmesan cheese and stir it until it is melted into the sauce.
- Add the fresh spinach, sun dried tomatoes and apple cider vinegar and stir it all until combined and spinach has wilted.
- Add the chicken back into the sauce, cover the pan and simmer for about 5 minutes or until chicken is heated through.
- Serve chicken over a bed of gluten free pasta of choice and garnish with additional sauce, spinach and tomatoes.