



HOPE30 KITCHEN

Hope30 Chicken Florentine

Ingredients

- 2 bone in split Chicken Breasts
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/4 tsp Pink Salt
- sprinkle of Black Pepper
- 2/3 cups Chicken Broth plus 1 1/2 cups Chicken Broth
- 1 very small chopped Onion
- 3 cloves of Garlic
- 3 cups of boiled Cauliflower Florets
- 1 tsp Lemon Juice
- 1 tsp Dijon
- 1/2 tsp Italian Seasoning
- 3 cups Fresh Spinach Leaves

Cooking Directions:

- Season chicken breasts with onion powder, garlic powder, pink salt and pepper, and place in a baking dish with 2/3 cup of chicken broth.
- Cover tightly with foil and bake for 30 minutes at 350.
- Remove the cover and continue baking for an additional 45 minutes or until the chicken has reached an internal temperature of 165 degrees
- While chicken is finishing up in the oven, blend fork tender cauliflower with lemon juice, dijon and 1 1/2 cups of chicken broth until very smooth.
- Heat a splash of broth in your nonstick skillet and saute onions until soft. Use a splash of broth any time you need to deglaze the pan in this process.
- Once onions are softened, add garlic and saute for about a minute before adding in the blended cauliflower sauce and italian seasoning.
- Simmer sauce, onions and garlic stirring frequently until it comes to a bubble,
- Add spinach leaves and allow them to wilt before placing your chicken into the pan.
- Be sure to coat the chicken with the sauce and simmer for an additional 5 minutes.
- If you're looking to spice this recipe up, you can opt for the Spicy Chicken Broth! I think you'll love this recipe either way!!!!

NOTES:

