

SKILLET LEMON CHICKEN WITH SPINACH

Preparation: **5** minutes | Cooking: **15** minutes | Servings: **4**

INGREDIENTS

1 pound chicken thighs, boneless, skinless, trimmed
4 cloves garlic, minced
1 medium lemon, zested and juiced
10 cups lightly packed baby spinach
1 cup diced red bell peppers
½ cup dry white wine
2 tablespoons EVOO
8 teaspoons grated parmesan
1 teaspoon rice flour
½ teaspoon ground pepper
½ teaspoon salt



INSTRUCTIONS

Cut your chicken into small, bite-size cubes. Heat oil in a large skillet over medium-high heat. Add your chicken, bell peppers, salt and pepper to the skillet, and cook, stirring occasionally, until the chicken is cooked through, about 7-9 minutes. Add the garlic and cook, stirring until fragrant, about 1 minute. Whisk the wine and rice flour together in a measuring cup. Add the mixture to your pan along with the lemon juice and zest, stir to coat, then bring to a simmer. Add the spinach by the handful; cook, stirring, until wilted, about 2 minutes more. Serve sprinkled with parmesan and enjoy!