



## SPINACH ARTICHOKE CHICKEN RECIPE

Serves: 8

### Ingredients

- olive oil spray
- 8 chicken breasts
- 13.75 oz artichoke hearts packed in water, drained
- 10 oz frozen spinach, thawed and squeezed
- 2 shallots, chopped
- 1 clove garlic, minced
- ½ cup Greek yogurt
- ½ cup mayonnaise
- ½ cup Parmesan cheese
- ½ cup shredded mozzarella cheese

### Instructions

**Saute the onion and garlic first. Depending how you make this recipe, you may have to change some of these instructions.**

1. Preheat oven to 375° F. Spray baking dish with olive oil nonstick baking spray.
2. Place chicken into baking dish. Salt and pepper chicken and then bake 15 minutes.
3. Meanwhile, in a medium bowl, combine remaining ingredients and then pour on top of chicken. Bake 20-25 minutes.
4. Let stand about 5 minutes before serving.

### **TIPS (Be sure to read these before making this dish)**

1. I do think sauteing the shallots and garlic would add a nice depth to the dish.
2. You can use fresh spinach and wilt it while sauteing the onion and garlic. One and half pounds of raw spinach will cook down to one and a half cups and it's good this way.
3. I added potatoes (steamed in the microwave til done) added 1 cup of mayo and greek yogurt. Also added some lemon juice.

4. I used a whole rotisserie chicken, mixed everything together and baked till heated through.
5. We've used chicken breasts and chicken tenders, and prefer the tenders. Because we never have greek yogurt on hand, we use a mix of mayo and sour cream and it turns out perfectly.
6. We add chopped cooked bacon to the top.
7. I added mushrooms.