

Chicken with Creamy Spinach Artichoke Sauce (Whole 30& Paleo)

Shopping List:

- 2 boneless skinless chicken breasts
- salt and pepper
- 1.5 tbsp olive oil, divided
- 3 garlic cloves
- 1 tbsp almond flour
- 1 cup fresh spinach, chopped if preferred
- 3-4 oz canned artichoke hearts, sliced
- 1 1/4 cup whole coconut milk
- red pepper flakes (optional)

Directions:

Heat 1 tbsp olive oil in a non-stick pan on medium high heat. Season both sides of the chicken with salt and pepper. Add the chicken to the pan to sear it until golden brown, about 4-5 minutes. Flip the chicken to sear the other side. Transfer the chicken to a separate plate and cover to keep it warm.

Add the remaining olive oil to the pan with the minced garlic. Add in the spinach and artichoke to saute until the spinach has wilted. Pour in the coconut milk and 1 tbsp almond flour. Stir it in well, scrapping up any browned pieces from the bottom of the pan. Season with salt and pepper to taste preference. Once the mixture is simmering and thickened, add the chicken back to the pan. Sprinkle with red pepper flakes before serving warm.