

CopyCat Olive Garden Tuscan Garlic Chicken

Ingredients

4 each (4 oz) boneless, skinless chicken breasts
1 1/2 cups flour, plus 1 tablespoon
1 Tbsp salt
2 tsp black pepper
2 tsp Italian seasoning
1 lb fettuccine pasta, cooked according to package directions
5 Tbsp olive oil
1 Tbsp garlic, chopped
1 red pepper, julienne cut
1/2 cup white wine
1/2 lb whole leaf spinach, stemmed
2 cups heavy cream
1 cups Parmesan cheese, grated

Directions

Pre-heat oven to 350°F.

Mix 1 1/2 cups flour, salt, pepper and Italian seasoning in a shallow dish. Dredge chicken in the mixture, shaking off any excess.

Heat 3 Tbsp oil in a large skillet. Cook chicken breasts 2 at a time over medium-high heat until golden brown and crisp (2-3 min). Add more oil for each batch as necessary.

Place cooked chicken breasts on a baking sheet and transfer to preheated oven. Cook for 10-15 minutes or until internal temperature reaches 165°F.

Heat 2 Tbsp oil in a sauce pan. Add garlic and red pepper and cook for approximately 1 minute. Stir in 1 Tbsp flour, wine,

spinach and cream and bring to a boil. Sauce is done when spinach becomes wilted. Complete by stirring in parmesan cheese.

Coat cooked, drained pasta with sauce, then top with chicken and remaining sauce. Garnish with extra Parmesan cheese.