



Three-Ingredient Spinach Artichoke Chicken

Ingredients

- 1 to 2 pounds thinly sliced chicken breasts
- 1 (10 to 16 oz.) container spinach artichoke dip
- 1 heaping cup shredded cheese (parmesan and mozzarella work well)

Instructions

- Preheat oven to 375° F and grease a 9x13 baking dish with cooking spray.
- Place the chicken onto the bottom of your greased dish and spread a thick layer of the dip over top. You might not use all of the dip depending on the size of your container and the amount of chicken you're cooking.
- Evenly sprinkle the shedded cheese over top and bake, uncovered, in the center rack of your oven for approximately 30 minutes or until cooked through (internal temperature of 165° F).
- Serve alone or on top of rice, pasta or noodles.

NUTRITION PER SERVING (BASED ON 4 SERVINGS WITH 4 OZ. OF CHICKEN EACH): CALORIES: 400 | CARBOHYDRATES: 5G | PROTEIN: 35G | FAT: 22G | FIBER: 1G