



Dairy-Free Tuscan Chicken Skillet

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Dairy-Free, Gluten-Free, Paleo

Course Lunch, Dinner, Appetizer, Main Course

Cuisine American

Prep Time 5 minutes

Cook Time 25 minutes

Total Time 30 minutes

Servings 4

Calories 384kcal

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Ingredients

- 2 large chicken breasts
- 1 Tbsp avocado oil
- 2 tsp Italian seasoning
- 1 tsp garlic
- 1/2 cup [cashew butter](#)
- 1/2 cup almond milk, unsweetened
- 8 oz sliced mushrooms
- 1 cup spinach
- 1/4 cup sun dried tomatoes

Instructions

1. Cut each chicken breast in half.
2. In the 10.25 inch Lodge Dual Handle Pan, cook the chicken breasts in the avocado oil over medium-high heat.
3. Add the garlic and Italian seasoning, continue cooking.
4. While the chicken is cooking, mix the cashew butter and almond milk together and set aside.
5. Once the chicken has finished cooking, set aside.
6. In the same pan, sauté the mushrooms until they reduce.
7. Add the cashew butter and almond milk mixture to the pan, continue cooking.
8. Add in the spinach and sun dried tomatoes.
9. Lastly, add in the cooked chicken and stir into the sauce.
10. Serve and enjoy!

Nutrition

Calories: 384kcal