

Basil-Tomato Chicken Skillet

Ingredients

- 1 -1 1/4 pounds chicken breast tenderloins
- Nonstick cooking spray
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 14 1/2 - ounce can no-salt-added diced tomatoes, drained
- 1/4 cup snipped fresh basil
- 1 9 - 10 - ounce package prewashed spinach
- 2 tablespoons finely shredded Parmesan cheese

Directions

Cut any large chicken tenderloins in half lengthwise. Coat an unheated 12-inch skillet with non-stick cooking spray.

Cook and stir chicken in hot skillet about 5 minutes or until done. Sprinkle with salt and pepper. Add tomatoes and basil; heat through. Remove from heat. Add spinach; toss until wilted. Divide among 4 plates. Sprinkle with cheese. Makes 4 (about 2-cup) servings.

