

Creamy Chicken With Kale and Sundried Tomatoes

Ingredients

- 4 sliced chicken breasts
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 2 tablespoons butter
- 1 cup heavy cream
- ½ cup oil-packed sun-dried tomatoes
- 2 cloves garlic, minced
- 1 cup chopped kale



Instructions

1. Combine the paprika, garlic powder, and salt and sprinkle evenly over both sides of the chicken to coat.
2. Heat a large, heavy bottomed skillet over medium heat. Add the butter to the skillet. When the butter has melted add the chicken breasts and cook 5 minutes per side or until cooked through. Remove the chicken to a plate and set aside.
3. Add the heavy cream, sun-dried tomatoes, and garlic to the pan and stir well to combine. Let the sauce cook for 2 minutes to thicken over low heat.
4. Add the kale and stir well. Continue cooking over low heat until kale has wilted and sauce has thickened, about 3 minutes.
5. Return the chicken to the skillet and coat with the sauce.

Ideas to complete the meal: Serve with Pasta, Rice, Vegetables and or a fresh salad.

Items to have on hand for the class

- Skillet pan big enough for one or two batches of chicken
- Measuring spoons
- Measuring cup
- Cutting board
- chef knife- a comfortable size for the girls (6-8 inches)
- Small knife
- Bowl or sheet pan for holding chicken
- Medium size bowl
- Tongs
- Wooden spoon
- Oven mitts
- Serving platter
- Damp cloth to wipe counters
- Soap and sponge for cleaning dishes :)