Parmesan Chicken with Spinach Gorgonzola Sauce

From a Phillis Carey cooking class, Sept. 2011

Very rich tasting, and makes a beautiful company meal.

GORGONZOLA SAUCE:

1 cup heavy cream

1 cup chicken broth

4 ounces Gorgonzola cheese

CHICKEN:

4 small boneless skinless chicken breast halves

Salt and pepper to taste

Flour for dredging the chicken

3 tablespoons olive oil, divided use

1 teaspoon garlic, minced

12 ounces baby spinach (bagged)

1 cup whole milk mozzarella cheese, grated

1/4 cup Parmigiano-Reggiano cheese, freshly grated

Servings: 4

This can be a make-ahead casserole. Try to pile the spinach just on top of the chicken - not all over everywhere. Same with the sauce - drizzle it only on top of the chicken. It will puddle some, but do cover all the chicken with the sauce before adding the cheeses.

1. In a medium saucepan bring cream and chicken broth to a boil and then simmer, stirring frequently, until reduced by about half (in volume), about 15 minutes. Stir in Gorgonzola cheese and continue to cook, stirring frequently until the cheese is melted and combined with the sauce. Keep warm.
2. Preheat oven to 400°. Trim chicken (remove tenders, if attached) and pound the thicker part until breast is an even 1/2 inch thickness. Season with salt and pepper and dredge in flour, shaking off any excess.
3. Heat 1 T. of oil in a large skillet over medium heat. Add garlic and toss briefly, about 30 seconds. Add spinach and toss until wilted. Alternately you can microwave the raw spinach in a glass bowl for about 3 1/2 minutes, covered in plastic wrap, then remove plastic when finished, place in a colander and allow to drain for several minutes.
4. Add the remaining 2 T. oil to the pan and heat over medium-high heat. Add the chicken and cook 2 minutes per side. Transfer to a casserole dish. Using tongs, arrange a small mound of spinach on top of each chicken breast. Pour the Gorgonzola sauce on top of the chicken, then sprinkle with Mozzarella and Parmesan. Bake for 12-15 minutes, or until cheese is melted and chicken is cooked through. If the dish isn't quite browned sufficiently, broil very briefly. Serve immediately. If serving to guests, heat a platter first. Ideally, if you have a large (low, flat) stove top to oven pan or casserole, use it without removing the chicken to a serving platter.

Per Serving (excluding unknown items): 634 Calories; 49g Fat (68.8% calories from fat); 44g Protein; 7g Carbohydrate; 2g Dietary Fiber; 197mg Cholesterol; 856mg Sodium. Exchanges: 5 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 8 1/2 Fat; 0 Other Carbohydrates.