



# Chicken and Potatoes with Garlic Parmesan Cream Sauce

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Recipe Source: [www.damndelicious.net](http://www.damndelicious.net)

## Ingredients:

6 bone-in, chicken thighs, skin removed  
1 TBSP Italian seasoning  
Salt and pepper to taste  
Cooking spray  
3 cups baby spinach, roughly chopped  
16 ounces red or Yukon gold potatoes, halved; skins on  
2 TBSP chopped fresh parsley leaves

### For the Garlic Parmesan Cream Sauce

1 TBSP butter, 1 TBSP olive oil  
4 cloves of garlic, minced  
2 TBSP all-purpose flour  
1 cup low sodium chicken broth, or more (as needed)  
1 tsp dried thyme  
½ tsp dried basil  
½ cup 1% milk  
½ cup freshly grated Parmesan  
Salt and Pepper to taste

### Steps:

- Preheat oven to 400 degrees. Lightly oil a 9x13 baking dish or coat with nonstick spray.
- Season chicken with Italian seasoning, salt and pepper. Coat a non-stick skillet with cooking spray and heat to high heat. Add chicken, and sear both sides until golden brown, about 1-2 minutes per side; set aside.
- To make the garlic Parmesan cream sauce, melt butter and olive oil in the skillet over medium heat. Add garlic, and cook, stirring frequently, until fragrant, about 1-2 minutes. Whisk in flour until lightly browned, about 1 minute.
- Gradually whisk in chicken broth, thyme and basil. Cook, whisking constantly, until incorporated, about 1-2 minutes. Stir in milk and Parmesan cheese until slightly thickened, about 1-2 minutes. If the mixture is too thick, add more milk as needed; season with salt and pepper, to taste.
- Place chicken in a single layer into the prepared baking dish. Top with potatoes, spinach and cream sauce.
- Place into oven and roast until completely cooked through, reaching an internal temperature of 165 F, about 25-30 minutes. Serve immediately, garnished with fresh parsley, if desired.

*Tips from the Test Kitchen: You can try this recipe using chicken breasts.*



***Nutritional Facts:*** per serving Calories: 360, Carbohydrates: 20 grams, Protein: 34 grams, Total Fat: 16 grams, Saturated Fat: 5 grams, Cholesterol: 167 mg, Sodium: 317 mg, Fiber: 2 grams, Total Sugars: 2 grams.