



# Ashley's Meal Prep Monday!



## Tuscan Chicken - Dairy/Gluten Free

### INGREDIENTS

- 2 medium chicken breasts
- 1/4 cup avocado oil, divided
- 1/2 medium yellow onion, chopped
- 8 ounces sliced mushrooms
- 1/2 cup cashew butter, room temp
- 1/2 cup unsweetened almond milk, room temp
- 1 cup chicken broth
- 1 TSP garlic powder
- 2 TSP Italian seasoning
- 2 TBSP almond flour
- 1 cup spinach
- 1/4 cup sun-dried tomatoes
- salt/pepper to taste



Cut each chicken breast in half horizontally. Add salt/pepper and any other seasoning of choice to the chicken. Place 2 TBSP of oil in a skillet or pan and cook the chicken over medium heat for about 4-5 minutes on each side. Set the chicken aside.

Add 1 TBSP oil in the pan and cook the chopped onions for 1-2 minutes. Add in the sliced mushrooms and cook for about 7-10 minutes, or until they're tender. Set aside.

While the mushrooms are cooking, create the sauce by whisking cashew butter, almond milk, chicken broth, garlic powder and Italian seasoning until smooth.

Place remaining oil and almond flour in the pan and whisk for 2-3 minutes. Pour the sauce into the pan and whisk for another 2-3 minutes, allowing it to thicken.

Add in sun-dried tomatoes and spinach and stir. Add chicken and mushrooms back in, coating with the sauce and letting them heat back up. Season with salt/pepper and enjoy!

Recipe: [jaroflemons.com](http://jaroflemons.com)

