

## Skillet Chicken & Rice Dinner

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### Ingredients:

2 lg boneless, skinless chicken breast halves  
1 egg  
1/2 cup flour  
1 tsp salt, divided  
1/2 tsp pepper, divided  
3 TBSP canola oil  
4 TBSP butter  
1/2 onion, sliced  
3 cloves garlic, minced  
1 1/2 cups chicken broth  
2 TBSP cooking sherry  
6 oz frozen chopped spinach, defrosted and patted as dry as possible  
4 oz mushrooms, sliced  
1 1/4 cups cooked rice

### Directions:

\*Cut the chicken into bite sized chunks. Whisk the egg. Place the chicken and the egg into a gallon sized plastic bag. Manipulate so all the chicken is covered. Refrigerate for at least 2 hours.

\*Whisk together the flour, 1/2 tsp of salt and 1/4 tsp pepper. Remove the chicken from the bag and coat with the flour mixture.

\*Add the canola oil to a skillet over medium heat. Once hot, add the chicken with as little overlap as possible. Cook until the bottoms brown, about 4 minutes. Using tongs, flip the chicken pieces over. If the pan is getting too hot, lower the heat a little.

\*Cook the chicken, stirring now and then, for about another 3 minutes. Move the chicken to a plate and keep warm.

\*Add the butter, onion, and garlic to the pan. Cook, scraping the flour bits up from the bottom of the pan until the onion starts to soften. Add the chicken broth, sherry, remaining salt and pepper, spinach, and mushrooms to the pan. Bring to a boil.

\*Add the rice to the pan, mix, then add the chicken to the top. Cover, turn the heat down to low, and allow to simmer for 10 minutes. Take off the cover and mix. Make sure the chicken is completely cooked. If not, turn the stove off, return the cover to the pan and cook until the chicken is done.