



# Chicken, Tomatoes and Spinach

Makes 6 servings

Cooks on top of stove. Cook time about 25 minutes

## INGREDIENTS

2 tablespoons extra virgin olive oil  
1 medium yellow onion, chopped  
1 tablespoon minced garlic



6 medium chicken breast tenderloins  
1 tablespoon extra virgin olive oil



1 (14.5 ounce) can diced tomatoes, undrained  
1 teaspoon dried basil  
½ teaspoon black pepper  
½ teaspoon dried oregano  
½ teaspoon salt



½ cup water  
2 tablespoons flour



6 ounces fresh spinach



## DIRECTIONS

**Cook over medium heat until onion is softened.** Remove to a bowl to add later.

**Cook over medium heat in frying pan (from step one). After about 10 minutes or until browned (turning several times while cooking).** Add the cooked onion mixture from above and stir.

Stir into above and continue to **cook over low heat.**

Stir together until well mixed and there are no lumps. **Stir into above over medium high heat until mixture comes to a boil.**

Stir in spinach and **cook 2 minutes or until spinach begins to wilt.** Turn off heat and serve immediately over rice, noodles or Quinoa.

