

Chicken and Spinach Breakfast Skillet

Start your day with a hearty American breakfast featuring tender chicken and nutritious spinach cooked to perfection in a skillet.



Breakfast Dish

American

20 min

Total time

Easy

Difficulty

400

kcal / serving

Ingredients

- 1 chicken breast, 1 cup fresh spinach, 2 eggs, 1/4 cup shredded cheddar cheese, salt, pepper, olive oil

Steps

1

Season the chicken breast with salt and pepper. 2. Heat olive oil in a skillet over medium heat. 3. Cook the chicken breast until golden brown and cooked through. 4. Remove the chicken and set aside. 5. In the same skillet, add fresh spinach and sauté until wilted. 6. Push the spinach to the side and crack eggs into the skillet. 7. Cook the eggs to your desired doneness. 8. Place the chicken back into the skillet. 9. Sprinkle cheddar cheese on top. 10. Cover the skillet until the cheese melts. 11. Serve hot.