

Spinach and Mushroom Chicken

INGREDIENTS:

- 4 boneless chicken breasts (thin sliced work well too)
- 3 cups baby spinach
- 2 cups mushrooms, sliced
- 3 green onions, sliced
- 2 T pecans, chopped
- 2 tsp. paprika
- 1 tsp. onion powder
- ½ tsp. garlic powder
- 1 tsp. dried thyme
- Cooking fat
- Sea salt and freshly ground black pepper

PROCESS:

- Preheat your grill to a medium-high heat
- Combine the paprika, onion powder, garlic powder and dried thyme in a small bowl. Season with salt and pepper to taste
- Sprinkle the chicken with the seasoning mixture
- Grill the chicken for 10-15 minutes per side on the preheated grill
- Melt some cooking fat in a large skillet and sauté the spinach, mushrooms, onion, and pecans until the mushrooms are tender. Set aside and keep warm
- Top each chicken breast with the spinach mixture to serve

NOTE: Can add sliced tomato and avocado for additional topping

ENJOY!

From PaleoLeap