

## **Spicy Chicken Florentine**

### ***For the casserole:***

1 pound boneless, skinless chicken breasts  
Ground black pepper and salt or Mrs. Dash  
2 cloves garlic, peeled and minced, divided  
1 tablespoon olive oil  
1 tablespoon butter  
1 14.5-ounce can of diced tomatoes, drained  
16-ounces frozen spinach, thawed and squeezed dry  
Large pinch of crushed red pepper flakes

### ***For the sauce:***

3 tablespoons butter  
3 tablespoons flour  
1/2 teaspoon mustard powder  
1/4 teaspoon ground white pepper  
1/8 cup dry good-quality sherry (or chicken broth)  
1 3/4 cups milk  
1/2 cup grated block cheddar cheese  
1/2 cup grated block Parmesan cheese  
1/2 cup Panko breadcrumbs

Preheat the oven to 400 degrees F. Slice the chicken breast thin, and season with the pepper and salt or Mrs. Dash. In a large skillet over medium high heat, add the oil and half the garlic and sear the chicken filets on each side until browned. Remove and set aside.

Add the drained tomatoes to the skillet along with rest of the garlic and simmer for a few minutes. Pour the tomatoes and garlic in the bottom of an oil-sprayed two-quart casserole.

To the skillet, add the spinach and the rest of the butter plus a large pinch of crushed red pepper flakes. Stir until butter is melted and spinach is heated through and incorporated. Layer on top of the tomatoes. Next layer the chicken on top of the spinach.

For the sauce, melt the butter in a saucepan and add the flour, mustard powder, and white pepper, whisking until a paste forms. Pour in the milk and sherry or chicken broth, whisking constantly. Simmer over gentle heat while stirring until the sauce is to desired consistency. Pour the sauce evenly over the casserole.

Sprinkle the grated cheeses over the dish, then top with the Panko breadcrumbs. Bake for about 20 minutes, until casserole is heated through and top is browned and crispy. Serve over cooked rice or noodles.