

Chicken Tender Sauté

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-chicken-sac-saute-recipe>

Ingredients:

- 3 tablespoons extra virgin olive oil
- 2 tablespoons butter
- 3/4 cup onion ½ inch dice
- 4 scallions large, whites diced, greens sliced and separated
- 1 cup red bell pepper ½ inch dice
- 1 tablespoon garlic minced
- 8 chicken tenders about 1 ¼ pounds
- 3 cups baby spinach loosely packed, about 2 ounces
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup sour cream

Nutrition:

1. Calories: 950 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 350 milligrams
4. Fat: 52 grams
5. Fiber: 5 grams
6. Protein: 103 grams
7. SaturatedFat: 18 grams
8. Sodium: 1300 milligrams
9. Sugar: 7 grams

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