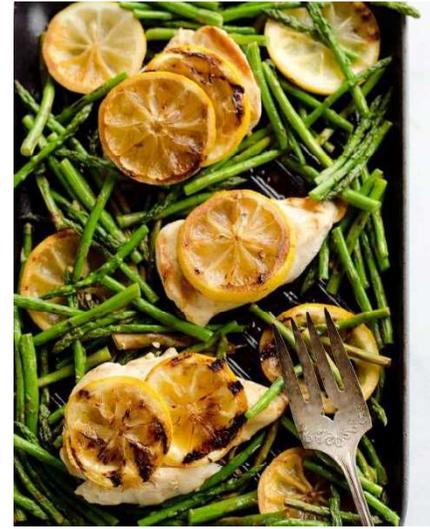


## Grilled Lemon Chicken Skillet

- 1 lb. chicken breasts
- 1 bunch asparagus
- 1.5 tablespoon extra-virgin olive oil
- 1 tablespoon roasted garlic seasoning or your favorite seasoning blend
- 1 teaspoon Himalayan sea salt
- 2 lemons sliced 1/4" thick



1. Tenderize the chicken breasts by placing them between two sheets of Saran wrap. Pound the chicken out until it is 1/2" thick.

Season the chicken with 1/2 tablespoon olive oil and 1 tablespoon of roasted garlic seasoning (or your favorite seasoning blend).

2. Grill chicken over medium-high heat for 5 minutes on a grill or on the stove top using a cast-iron pan.

3. Meanwhile cut off and discard the ends of the asparagus (approximately 1/4 of the asparagus). Chop the asparagus into 3" long pieces and toss with the remaining olive oil and salt.

4. Flip the chicken over and add the lemons and asparagus to the grill. Cook for an additional 3-4 minutes until chicken is cooked through. When the lemon slices get a good char on them, set them on top of the chicken breasts so they are no longer on the direct heat. Serve immediately.

Makes 4 servings.

Serving Size = 3 ounces of chicken with 1 cup of cooked asparagus

Enjoy with 1 cup of on plan fruit to complete the meal.

