

## Chicken and Asparagus



### Ingredients:

1lb Chicken breast  
3tbs Low sodium chicken broth  
1lb Asparagus with ends removed  
2 Cloves garlic  
3 Tbsp. extra virgin olive oil  
3 tsp. fresh squeezed lemon juice  
1 tsp. kosher salt  
Pepper to taste

### Nutrition Facts

Makes 2 servings

Amount per serving:

<b>Calories</b>	218
<b>Net Carbs</b>	3 g
<b>Protein</b>	14 g

### Directions:

1. Press garlic and let it sit for 5 min.
2. Bring 2 tbsp. chicken broth to boil over medium in stainless steel skillet
3. While broth is heating, rub the chicken with 1 tsp lemon juice, 1 tsp. salt, and pepper.
4. Place chicken in boiling broth for for 3 min stirring frequently until golden brown.
5. Add asparagus and remaining 1 tbsp. broth to chicken, cover, and cook 4 more min. Stir occasionally
6. Dress with the pressed garlic, 2 tsp. lemon juice, extra virgin olive oil, salt and pepper to taste. Enjoy!