

LEMON GARLIC CHICKEN WITH ASPARAGUS^o

GF

SERVES: 4 (1 chicken breast and 10 asparagus spears each) **Prep Time:** 10 min. **Cooking Time:** 1 hr. 6 min.

CONTAINER EQUIVALENTS (per serving):  1  1  1



6 cloves garlic, finely chopped
¼ cup dry white wine (like pinot grigio)
¼ cup low-sodium organic chicken broth
1 Tbsp. fresh lemon juice
1 tsp. finely grated lemon peel (lemon zest)
1 tsp. finely chopped fresh thyme (or ½ tsp. dried thyme leaves)
4 (4-oz. each) raw chicken breasts, boneless, skinless
 Sea salt (or Himalayan salt) and ground black pepper (to taste; optional), *divided use*
4 slices medium lemon
2 lbs. asparagus, stems trimmed (approx. 40 medium stalks)
4 tsp. unsalted organic grass-fed butter, cold

SPECIAL EQUIPMENT:

Olive oil cooking spray

Aluminum foil

1. Preheat oven to 400° F.
2. Combine garlic, wine, broth, lemon juice, lemon peel, and thyme in an 8 x 8-inch pan; mix well. Set aside.
3. Season both sides of chicken with a *pinch of salt* and a *pinch of pepper*, if desired.
4. Place chicken on top of garlic mixture. Top each chicken breast with 1 slice lemon.
5. Bake for 20 to 25 minutes, or until chicken is no longer pink in the middle.
6. 10 minutes before chicken is done baking, lightly coat asparagus with spray. Season with a *pinch of salt* and a *pinch of pepper*, if desired.
7. Heat large skillet over medium-high heat. Add asparagus; cook, turning occasionally, for 5 to 7 minutes, or until tender-crisp and lightly charred.
8. Remove chicken from oven, discard lemon slices. Place chicken and asparagus on a serving platter. Cover with foil; set aside while you finish the sauce.
9. Pour pan juices into small skillet. Bring to a boil over medium-high heat; cook, stirring occasionally, for 4 to 6 minutes, or until juices reduce by half.
10. Reduce heat to low. Bring juices to just below a gentle boil. Add butter, 1 tsp. at a time; cook, whisking constantly, for 2 to 3 minutes, or until all butter is melted and emulsified into a creamy sauce. Remove from heat.
11. Pour sauce over chicken and asparagus.
12. Place 1 chicken breast and 10 stalks asparagus onto each of four plates, and enjoy!

RECIPE NOTES:

- To trim ends of asparagus, hold one stalk of asparagus by each end and flex until it snaps. Cut remaining stalks to length of broken stalk.
- If your emulsion breaks while making your sauce, simply whisk in a splash of water to re-emulsify.
- If sauce looks thin and watery after all butter is melted, turn heat to medium and reduce until creamy.
- Refrigerate leftovers in an airtight container for up to 4 to 5 days.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): **Calories:** 229 **Total Fat:** 7 g **Saturated Fat:** 3 g **Cholesterol:** 93 mg **Sodium:** 145 mg **Carbohydrates:** 9 g **Fiber:** 4 g **Sugars:** 3 g **Protein:** 30 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.