



Asparagus Stuffed Chicken

INGREDIENTS:

4 oz. Asparagus, lightly steamed
1 lb Chicken breast
2 Tbsp Panko breading
To taste Salt and pepper
Eggwash

PREPARATION:

- Clean and trim excess fat from chicken breasts.
- Cut asparagus to a four inch stalk including the tip.
- Lay chicken out and sprinkle with salt and pepper.
- Lay asparagus on chicken and roll breast around the asparagus.
- Set on parchment lined sheet pan and brush with eggwash.
- Roll chicken in Panko breading.
- Lightly spray oil and bake 15-20 minutes at 325°.
- Serve with 2 oz. Dijon mustard sauce.

Number of servings:	4
Serving Size:	1 breast, stuffed
Calories:	140
Fat Grams:	3

