



## 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

