

BRC Healthy Meal of the Week

Herbed Chicken Scaloppine and Roasted Asparagus Salad -Another Delicious, Healthy Meal!

Ingredients (Serves Four)

Total Prep Time 5 minutes

For the Chicken:

4 boneless, skinless chicken breasts, about 4 ounces each
1 1/2 tablespoons olive oil
2 tablespoons herbes de Provence

For the Asparagus Salad:

1 1/2 pounds fresh asparagus
1 tablespoon olive oil
salt to taste
freshly ground black pepper
2 tablespoons vinegar

Cooking Instructions—Total Cooking Time

For the Chicken:

1. With a meat pounder, flatten the chicken breasts between 2 sheets of waxed paper. Press the herbes de Provence into the chicken.
2. Heat the olive oil in a heavy oven-proof skillet until it begins to smoke. Cook each side of the chicken until golden brown, about 8 minutes total.

For the Asparagus Salad:

1. Preheat the oven to 350°F.
2. Prepare the asparagus by cutting off the last inch or so of the woody stalk.
3. Place the asparagus stalks on a baking sheet. Brush them with the olive oil and sprinkle with salt and pepper.
4. Roast in the oven for 10 minutes, until the stalks begin to get tender on the outside. (Thin asparagus spears will take less time than thick spears.)
5. Toss with the vinegar and serve.

Nutrition Facts

Serving Size is one Chicken Breast and 6 Asparagus Spears

Nutrition Facts

- Calories 214
- Protein 26 g
- Total Carbohydrate 1 g
- Dietary Fiber 0 g
- Soluble Fiber 0 g
- Insoluble Fiber 0 g
- Sugar 0 g
- Total Fat 7 g
- Saturated Fat 1 g
- Monounsaturated Fat 4 g
- Polyunsaturated Fat 1 g
- Trans Fatty Acid (tfa) 0 g
- Omega-3 Fatty Acid 0 g
- Omega-6 Fatty Acid 1 g



Recipes courtesy of www.foodfit.com