

Asparagus, Chicken and Sweet Potato Skillet

Servings: 2

RECIPE BOX

INGREDIENTS

1 LB. BONELESS CHICKEN BREAST
1 TBSP OLIVE OIL
SALT AND GROUND FRESH BLACK PEPPER
3 GARLIC CLOVES, MINCED
1 MEDIUM SWEET POTATO, PEELED & DICED
1/2 CUP CHICKEN BROTH OR WATER
1/2 LB FRESH ASPARAGUS (the spears should be cut at a diagonal in 1 and 2 inch pieces)
1/2 TSP FINE SEA SALT
1/2 TSP FRESHLY GROUND BLACK PEPPER
1/2 TSP CRUSHED RED PEPPER



DIRECTIONS:

STEP 1: On cutting board, cut the chicken into small pieces and season with salt and pepper.

STEP 2: In a skillet over medium heat, add olive oil, garlic, and chicken.

STEP 3: Sauté the chicken for about 7-10 minutes or until it is cooked through. Don't forget to stir well. Set chicken aside.

STEP 4: In the same skillet, add sweet potato and chicken broth. Cook for about 7-10 minutes or until the sweet potato is cooked.

STEP 5: Add asparagus and cook for about 4-5 minutes. Season with salt, pepper, and crushed red pepper.

GF This recipe is gluten free as written.

V Use firm tofu or chopped zucchini rather than chicken and veggie broth in place of chicken broth.

Nutrition per Serving: Calories 424, Total Fat 18g, Carbs 24g, Protein 49g, Fiber 5g, Sugars 8g.

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