

Lemon Chicken and Asparagus Packets

Servings: 4

RECIPE BOX

INGREDIENTS

3 TBSP OLIVE OIL
1 TBSP DIJON MUSTARD
1 TBSP WHOLE GRAIN MUSTARD
1/2 TSP DRIED THYME
1/4 TSP DRIED ROSEMARY
2 TBSP FRESH PARSLEY
1 LEMON ZEST
1 LEMON, THINLY SLICED
1 BUNCH ASPARAGUS
4 BONELESS, SKINLESS CHICKEN
BREASTS KOSHER SALT AND PEPPER
TO TASTE



DIRECTIONS

STEP 1: Preheat oven to 375 degrees F. In a small bowl, combine 2 tbsp olive oil, mustards, thyme, rosemary and lemon zest; season with salt and pepper, to taste. Set aside.

STEP 2: Cut four sheets of foil, about 12-inches long. Divide asparagus into 4 equal portions and add to the center of each foil in a single layer. Fold up all 4 sides of each foil packet. Drizzle with remaining 1 tablespoon olive oil and season with salt and pepper, to taste; gently toss to combine.

STEP 3: Top each packet with the chicken. Using your fingers or a brush, work the mustard mixture onto both sides of the chicken. Top with lemon slices.

STEP 4: Fold the sides of the foil over the chicken, covering completely and sealing the packets closed. Place foil packets in a single layer on a baking sheet. Place into oven and bake until the chicken is cooked through and the asparagus is tender, about 25-30 minutes.

GF This recipe is gluten free as written.

V Use a mix of baby carrots, broccoli and cauliflower rather than chicken.

Nutrition per Serving: Calories 154, Fat 11g, Carbs 8g, Fiber 3g, Sugars 3g, Protein 9g

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