



Chicken Caprese with Sauteed Asparagus

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

306.9 calories, 6.72 g carbohydrate, 1.54 g fiber, 5.18 g NET carbs, 35.07 g protein, 14.89 g fat

Ingredients

- 2 -8oz. breast(s) pasture-raised chicken breasts
- 4 ounce(s) fresh organic mozzarella, sliced thick
- 1/2 tsp(s) sea salt
- 1 medium organic tomato, sliced thick
- 24 leaves(s) fresh basil, chopped
- 1/2 tsp(s) freshly ground black pepper
- 16 spear(s), small organic asparagus, ends trimmed
- 1/4 cup(s) organic balsamic vinegar
- 2 Tbsp(s) organic avocado oil

Preparation

1. Preheat an oven to 375 F. Grease a shallow, oven-safe pan and set aside.
2. Split the breasts and pound to $\frac{1}{2}$ inch thickness.
3. Slice chicken in the middle to open a pocket for stuffing.
4. Drizzle half the balsamic vinegar over the sliced mozzarella to absorb.
5. Fill each breast equally with tomato, mozzarella and basil. Season with salt and pepper.
6. Preheat a cast-iron skillet and add half the avocado oil. Using tongs, sear chicken breasts for 2-3 minutes on each side to brown.
7. Place chicken in shallow baking dish. Drizzle with remaining oil and vinegar. Bake for 10-15 minutes, or until internal temperature reaches 165 F.
8. Meanwhile, saute asparagus. Add to a wide pan on medium heat with about 1/4 inch of water. Sprinkle with salt and cover for 5 minutes, or until tender. Set aside.
9. Serve.

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