

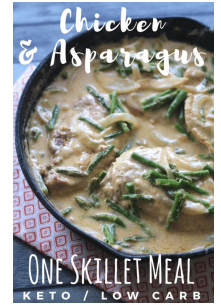
Chicken & Asparagus One Skillet Meal

Keto/Low Carb Friendly

Servings: 6

Calories: 435 kcal

Author: Kasey



Ingredients

- 2 lbs boneless skinless chicken breasts pounded thin (approx 6 chicken breasts)
- 1/2 medium onion, sliced
- 2 cloves garlic cloves, minced
- 1 TB olive oil
- 1 TB butter
- 1/2 cup Parmesan Cheese
- 2/3 cup Cheddar Cheese
- 3/4 cup heavy whipping cream
- 1/4 cup chicken broth
- 1 oz cream cheese
- 1 lb asparagus, chopped
- 1 TB Italian Seasoning
- 1/2 tsp salt
- 1/2 tsp pepper

Instructions

1. In a skillet add olive oil, onions, and garlic then saute until tender.
2. Remove the onions and garlic from skillet then add 1 tablespoon of butter and sear chicken breasts on each side.
3. After the chicken breasts are browned on each side, remove from the skillet and set aside. Add chicken broth, heavy whipping cream, cream cheese, cheddar cheese, parmesan cheese, the sauteed onions/garlic, and spices back to the skillet. Wisk until the cheese melts and the sauce is smooth.
4. Add chicken breasts back to skillet and simmer on low covered for 10 minutes.
5. Add asparagus to the chicken mixture and simmer on low again covered for 12 minutes.
6. Remove the lid and simmer on low until the sauce thickens.
7. Enjoy!

Nutrition Facts	
Chicken & Asparagus One Skillet Meal	
Amount Per Serving	
Calories 435	Calories from Fat 243
% Daily Value*	
Total Fat 27g	42%
Saturated Fat 14g	70%
Cholesterol 166mg	55%
Sodium 662mg	28%
Potassium 792mg	23%
Total Carbohydrates 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 41g	82%
Vitamin A	27.6%
Vitamin C	9.6%
Calcium	25.6%
Iron	14.7%
* Percent Daily Values are based on a 2000 calorie diet.	