

RECIPE OF THE WEEK

Stir-Fried Lemony Chicken with Asparagus

Ingredients

- 4 chicken breasts – boneless, skinless, cubed
- Kosher salt – to taste
- ½ cup chicken broth
- 2 tbsp. low-sodium soy sauce
- 2 tbsp. water
- 1 tbsp. canola oil
- 1 bunch asparagus – cut into 2-inch pieces
- 6 cloves garlic, minced
- 3 tbsp. fresh lemon juice
- Lemon zest
- Salt & pepper



Preparation

1. Cook asparagus and oil in a skillet over medium heat for 3-4 minutes and add garlic when 1 minute remains. Set it aside.
2. Season chicken with salt & pepper and put heat to high and cook chicken until browned then set aside.
3. Add soy sauce and chicken broth to a skillet and bring to boil for about 1 minute.
4. Add lemon juice, water, and soy sauce and stir for about 1 minute.
5. Return chicken and asparagus to the pan.
6. Coat with sauce and top with lemon zest.
7. Serves 4. Enjoy the taste!

