

EASY LEMON PEPPER CHICKEN FOIL PACKETS WITH ASPARAGUS

INGREDIENTS

- 4 boneless skinless chicken breasts (about 5 oz. each) - 1-inch thick
- 4 tsp. lemon pepper seasoning
- Trace olive oil
- 1 bunch of fresh asparagus
- 1 bunch of fresh rosemary
- 1 fresh lemon - sliced
- Sea salt - if desired

PREPARATION

1. Preheat oven to 400°F.
2. Measure 1 tsp. lemon pepper seasoning and season both sides of chicken breast. Place one breast onto a 12" by 12" sheet of foil that has been lightly coated with olive oil.
3. Add 5-6 asparagus spears next to each chicken breast and then add a sprig of rosemary and a slice of lemon. Sprinkle with sea salt.
4. Fold the edges of the foil over the chicken and asparagus to tightly seal them. Repeat for each serving.
5. Place on a baking sheet and bake for approximately 20 minutes or until chicken is no longer pink and reaches 160°F.
6. Remove from oven and allow to rest for about 5 minutes before opening.
7. Carefully open foil packet as it will be hot! Serve and enjoy!

