

Asparagus Stuffed Chicken with Provolone

Pair it with fresh veggies or a colorful salad!

Ingredients

2 skinless, boneless chicken breasts (3 oz ea)
8 spears asparagus, trimmed to 6-7"
2 slices provolone cheese
Italian seasoning
Salt & pepper to taste



Directions

1. Pound out chicken breasts to ¼" thickness.
2. Sprinkle Italian seasoning on inside of each breast and place 4 spears of asparagus on top.
3. Roll chicken breast around asparagus and place seam side down in baking dish.
4. Sprinkle top with more Italian seasoning.
5. Bake at 375 degrees for 25 minutes or until juices run clear.
6. Cover each chicken breast with a slice of provolone cheese and sprinkle with salt & pepper.
7. Return to oven until cheese melts.
8. Serve with a salad or veggies.

Makes 2 servings

Nutrition Facts:

Calories	280
Total Fat	14g
Total Carbohydrates	4g
Dietary Fiber	2g
Protein	34g