

Asparagus Stuffed Chicken Breast will change the way you eat chicken easy

We offer you from my lady kitchen a complete and healthy meal for your diet, learn how to prepare it easily and in the shortest time

* Ingredients:

- ° Asparagus: 7 grains (fresh or iced)
- ° Chicken breast: 1 breast (fillet)
- ° Lemon: 2 slices
- ° Cherry tomatoes: 8 pieces
- ° Salt: a quarter of a teaspoon
- ° Black pepper: a quarter of a teaspoon
- ° Olive oil: a tablespoon

* How to prepare :

1. Cut the asparagus in half.
2. Place asparagus in aluminum foil and on top of chicken.
3. Spread salt and pepper, then put the lemon slices over the chicken.
4. Spread the tomatoes around the chicken and asparagus, then spread the olive oil and close the aluminum foil well in several layers.
5. Put the chicken into the oven at 200 degrees for 20 minutes, until it becomes tender.

6. Serve hot

ENJOY !