



## Lemony Spring Chicken Pack



Entire recipe: 308 calories, 5.5g total fat (1.5g sat. fat), 509mg sodium, 27.5g carbs, 6g fiber, 5.5g sugars, 40.5g protein

**Prep:** 10 minutes    **Cook:** 25 minutes

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### Ingredients

2 cups chopped kale leaves  
1 cup chopped asparagus  
1/2 cup sliced sweet onion  
2 dashes each salt and black pepper  
One 5-oz. raw boneless skinless chicken breast cutlet, pounded to 1/2-inch thickness  
1/2 tbsp. [light whipped butter or light buttery spread](#) (like Brummel & Brown)  
1 tsp. chopped garlic  
1/2 lemon, cut into 3 wedges

### Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Lay veggies on the center of the foil. Sprinkle with a dash each of salt and pepper.

Season chicken with remaining dash each of salt and pepper, and place over the veggies. Dollop with butter and sprinkle with garlic.

Place one lemon wedge at the right edge of the veggies and another at the left edge, so that cut sides of each wedge are laying flat against the foil. Squeeze remaining lemon wedge over the chicken. Cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 25 minutes, or until chicken is cooked through and veggies are tender.

Allow packet to cool for a few minutes, and then cut packet to release steam before opening entirely. (Careful -- steam will be hot.) Serve with cooked lemon wedges for extra squeezing!

#### MAKES 1 SERVING

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