

Chicken w/Lemon, Sage & Asparagus



Only 4 Weight Watcher® points

Serves 4

4 ~ 5oz chicken breasts, boneless, skinless

salt and pepper

2T fresh sage, chopped

2 lemons, zested and juiced

16 asparagus spears, fresh

Preheat oven to 400. Cut 4 pieces of foil, about 12" square.

Place chicken breast in the middle of each piece of foil, season generously with salt and pepper. Sprinkle 1/4 of the sage and lemon zest over top of chicken and drizzle with lemon juice. Place 2 asparagus spears on each side of chicken breast.

Wrap foil around chicken, folding edges tightly to form sealed packet.

Place chicken packets on baking sheet and bake for 25~35 minutes or until chicken is cooked completely cooked through. Be careful opening foil packet as it will steam when opened.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by

The Meijer logo consists of the word "meijer" in a bold, lowercase, red sans-serif font. The letter "i" has a blue dot above it.

Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com