


AIP

PAN-SEARED CHICKEN BREAST W/ SAUTÉED ASPARAGUS

Serves 4 

Prep time 10 min. 

Cook Time 18 min. 

Pan-seared Chicken:

- 4 boneless, skinless chicken breasts
- 2 tsp dried sage
- 1 tsp dried thyme
- ½ tsp onion powder
- ½ tsp sea salt
- ¼ tsp garlic powder
- ¼ tsp freshly ground black pepper
- 2 tbsp cooking fat

Sautéed Asparagus:

- 2 lbs asparagus
- 3 tbsp cooking fat

Chicken:

1. In a small bowl combine the sage, thyme, onion powder, salt, garlic powder, and pepper.
2. Season both sides of the chicken breasts with the seasoning blend using desired amount.
3. Heat 2 tablespoons of cooking fat in a large skillet over medium heat.
4. Cook the chicken breasts 6-8 minutes on each side or until done.
5. Remove from pan serve.

Asparagus:

6. Clean and cut off white end of asparagus if necessary and cut into 2 inch pieces.
7. In a large skillet heat 3 tablespoons of cooking fat over medium heat.
8. Add the asparagus and season to taste with salt and pepper.
9. Stirring occasionally cook 5-7 minutes until bright green and crisp but tender.