



Rolled Chicken & Asparagus

INGREDIENTS

1 lb. boneless, skinless
chicken breasts
24 to 30 asparagus spears,
tough ends snapped off
2 tablespoons lemon juice
6 green onions, chopped
1/4 teaspoon salt
1/2 teaspoon pepper
Nonstick cooking spray

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Cut chicken breasts into 8 or 10 strips.
3. Wrap each strip in a corkscrew fashion around 2 or 3 uncooked asparagus spears. Fasten with toothpicks.
4. Place in a covered baking dish that has been sprayed with nonstick cooking spray.
5. Sprinkle with lemon juice, green onions, salt and pepper.
6. Cover and bake 25 to 30 minutes.

*Serves about 8, each skewer: 120 calories,
3 grams fat, 18 grams protein*