

Chicken

Pesto Chicken & Asparagus

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Taste of Home Magazine - April/May 2012

Servings: 4

1 pound boneless/ skinless chicken breasts, cubed
1 tablespoon olive oil
1 pound fresh asparagus, cut in 1-inch pieces
1 cup whipping cream
1/2 cup prepared pesto
1/8 teaspoon pepper
cooked couscous (optional)

In a large skillet, saute' the chicken in the olive oil until no longer pink. Remove and set aside.

In the same skillet, saute' the asparagus until crisp-tender.

Stir in the whipping cream, pesto and pepper.

Return the chicken to the pan and heat through.

Serve with cooked couscous, if desired.

Per Serving (excluding unknown items): 261 Calories; 26g Fat (84.4% calories from fat); 4g Protein; 7g Carbohydrate; 2g Dietary Fiber; 82mg Cholesterol; 25mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 5 Fat.