Lemon Garlic Chicken with Sautéed Asparagus

Juicy chicken breasts infused with zesty lemon and garlic, served alongside tender asparagus for a healthy, low-carb meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 25 minutes

Ingredients

- 2 boneless, skinless chicken breasts (6 oz each)
- 1 bunch asparagus (about 12 spears), trimmed
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 lemon, zested and juiced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon crushed red pepper flakes (optional)
- 1 tablespoon butter
- Fresh parsley for garnish (optional)

Instructions

1. Pat chicken breasts dry and season with salt and pepper on both sides.
2. Heat 1 tablespoon olive oil in a large skillet over medium heat.
3. Add chicken breasts and cook 5-6 minutes per side until golden and cooked through. Remove from skillet and set aside.
4. In the same skillet, add butter and minced garlic; sauté for 1 minute until fragrant.
5. Add lemon zest and juice, stirring to combine.
6. Add asparagus to the skillet, drizzle remaining 1 tablespoon olive oil over it, season with salt, pepper, and red pepper flakes if using.
7. Cook asparagus for 4-5 minutes, stirring occasionally, until tender-crisp.
8. Return chicken to the skillet and spoon the lemon garlic sauce over it for 1-2 minutes to reheat and blend flavors.
9. Serve chicken topped with asparagus and garnish with fresh parsley if desired.

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