



Lemon Asparagus Chicken

Info:

Makes 4 Servings 320 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1lb Chicken Breast (pre-marinated lemon chicken from Costco)
- ❖ ¼ Cup Skim/Soy Milk
- ❖ 1 Can Cream of Mushroom Soup
- ❖ 2 Tbsp Lemon Juice
- ❖ 1 Bunch Asparagus, cut into 2" long chunks

Preparation:



1. Add chicken, milk, soup and lemon juice to crockpot and cook on high heat 1 hour
2. Flip chicken and cook 30 minutes
3. Add asparagus and 30 more minutes or until tender