

Lemon and Asparagus Chicken Skillet

Ingredients

- 2 Tbs Avocado Oil
- 1 tsp. salt, divided
- 1/2 tsp. pepper, divided (omit for AIP diet)
- 1 lb chicken breast, cubed or cut in strips
- 1 bunch asparagus
- 3 cloves garlic, minced
- 1/3 cup chicken broth
- Juice of one lemon
- 1 Tbs coconut aminos (soy sauce w/out the soy)
- 1 tsp. arrowroot starch (or corn starch or flour if you're not following a particular diet)
- 2 Tbs green onions, chopped

Heat the avocado oil in a large skillet over medium-high heat. Add chicken to skillet and lightly season with salt and pepper. Cook until chicken reaches an internal temperature of 165F. Set aside,

Prepare asparagus by chopping off the thick white base, and slice in half again. Add more oil to the pan if needed and saute the asparagus with more salt and pepper for about 5 to 7 minutes or until tender crisp. Set aside.

Reduce heat slightly, and add the minced garlic to the pan. Cook until fragrant. Add the broth, lemon juice, coconut aminos, and arrowroot. Stir for a few minutes until the sauce slightly thickens.

Add the chicken and asparagus back to the pan and cook for another few minutes to reheat. Top with green onions and enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

**"People need to understand the difference between want and need.
Like, I want abs, but I NEED chocolate." - Anonymous**