



One Pan Pesto Chicken and Veggies

Notes

- This is a delicious protein packed recipe for those who hate doing dishes. ONE PAN, DONE! it's also a great way to get those micronutrients in with all the colorful vegetables and herbs.
- **Note:** *As is, this dish has higher fat. Make these modifications to get the fat down to ratios that will better fit most people's macros.*
 - Use a nonstick skillet.
 - Reduce the olive oil from 2 Tablespoons to 2 teaspoons.
 - Use chicken breast instead of chicken thighs.

Calories & Macro's

- (per 1/2 of meal as prepared with the modified ingredients)
- Calories: 434
- Protein: 54.5 g
Carbs: 18.5 g
Fat: 20 g
Fiber: 8 g

Ingredients

- 2 tablespoons olive oil
- 450g / 1 pound of chicken thighs boneless and skinless, sliced into strips
- 20g or 1/3 cup sun-dried tomatoes drained of oil, chopped
- 1 pound, or, 25-30 standard sized asparagus ends trimmed, cut in half, if large
- 5g / ¼ cup basil pesto
- 200g / 1 cup cherry tomatoes yellow and red, halved

Instructions

- Heat a large skillet on medium heat, add 2 tablespoons olive oil, add sliced chicken thighs, season chicken generously with salt, add half of chopped sun-dried tomatoes - and cook everything on medium heat for 5-10 minutes, flipping a couple of times, until the chicken is completely cooked through. Remove the chicken and sun-dried from the skillet, leaving oil in.
- Add asparagus (ends trimmed), seasoned generously with salt, remaining half of sun-dried tomatoes, and cook on medium heat for 5-10 minutes until the asparagus cooked through. Remove asparagus to serving plate.
- Add chicken back to the skillet, add pesto, stir to coat on low-medium heat until chicken is reheated, 1 or 2 minutes. Remove from heat. Add halved cherry tomatoes, mix with the pesto and the chicken. Add chicken and tomatoes to the serving plate with asparagus.