



## HEALTHY MEAL OF THE WEEK:

**One-Pan Pesto Chicken and Veggies** -Delicious Pesto Chicken and Veggies. Sun-dried tomatoes, asparagus, cherry tomatoes in a delicious basil pesto sauce. 30 minutes from start to finish, everything is cooked in one pan. Gluten free, healthy, Mediterranean style recipe.

- Course Main Course
- Cuisine Mediterranean
- Prep Time 10 minutes
- Cook Time 20 minutes
- Total Time 30 minutes
- Servings 4 servings
- Calories 423

### Ingredients:

- 2 tablespoons olive oil
- 1 pound chicken thighs boneless and skinless, sliced into strips
- 1/3 cup sun-dried tomatoes drained of oil, chopped
- 1 pound asparagus ends trimmed, cut in half, if large
- 1/4 cup basil pesto
- 1 cup cherry tomatoes yellow and red, halved

### Instructions:

1. 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.
2. 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.
3. 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.

### Nutrition Facts

One-Pan Pesto Chicken and Veggies

Amount Per Serving

Calories 423 Calories from Fat 288

#### % Daily Value\*

Total Fat 32g 49%

Saturated Fat 7g 35%

Cholesterol 112mg 37%

Sodium 261mg 11%

Potassium 856mg 24%

Total Carbohydrates 12g 4%

Dietary Fiber 4g 16%

Sugars 7g

Protein 23g 46%

Vitamin A 30.4%

Vitamin C 22.3%

Calcium 7.5%

Iron 24.2%

\* Percent Daily

Values are

based on a 2000

calorie diet.

Recipe From: <https://julasalbum.com/one-pan-pesto-chicken-and-veggies/>

