



## Easy Pesto Chicken and Vegetables

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

Heat a large skillet on medium heat, add olive oil and chicken. Season chicken with salt and add in sun-dried tomatoes. Cook on medium heat until the chicken is completely cooked through. Remove the chicken and sundried from the skillet—leave oil.

Add asparagus. Cook on medium heat for 5-7 minutes until the asparagus is cooked through. Add spinach during last 1-2 minutes of cooking. Place asparagus/spinach mixture on serving plate and cover to keep warm.

Place chicken back in the skillet, add pesto, and stir to coat. Heat on low-medium until chicken is reheated, 1 or 2 minutes. Remove from heat and stir in cherry tomatoes. Place chicken and tomato mixture to the serving plate. Enjoy. Makes 6 servings.

NUTRITION INFORMATION PER SERVING: 170 calories, 20 grams protein, 6 grams fat, 7 grams carbohydrate, 223 mg sodium.

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