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BBQ Chicken Wrapped Asparagus

Ingredients:

2, 3 oz thinly cut chicken breasts
12 asparagus spears
1 cup diced bell peppers (optional for brown rice)
2 tbsp BBQ sauce (low sodium, reduced fat)

Seasonings: cumin, paprika, garlic, pepper

Suggested carbs: 1/2 cup brown rice

Fruit (optional): watermelon pieces

Directions:

1. Set oven to 405F.
2. Measure and cut chicken breasts into thin, 2-3 oz pieces. Feel free to further flatten the chicken with a mallet.
3. Season chicken cutlets with 1 tbsp barbecue sauce (for each piece) and your choice of seasonings.
4. Chop the ends off asparagus and wrap the chicken around 6 asparagus spears.
5. Place the chicken on a baking sheet with the open facing down.
6. Bake in the oven for about 8-10 minutes.