

Chicken Sauté with Sugar Snaps and Asparagus

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-saute-turkish-recipe>

Ingredients:

- all-purpose flour for dredging
- 10 ounces chicken tenders
- coarse kosher salt
- freshly ground pepper
- 2 tablespoons olive oil
- 1 bunch asparagus thin, about 1/2 lb., ends trimmed
- 1/2 pound sugar snap peas strings removed
- 1 cup low sodium chicken broth
- 1 tablespoon fresh thyme minced, plus more for garnish
- 1 tablespoon fresh chives minced, plus more for garnish
- 2 tablespoons fresh lemon juice
- lemon zest strips for garnish, optional

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 90 milligrams
4. Fat: 19 grams
5. Fiber: 9 grams
6. Protein: 41 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 610 milligrams
9. Sugar: 8 grams

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