

Stuffed Chicken Breast with Asparagus and Artichoke
(serves 4)

4 boneless, skinless chicken breast
1 tsp. chopped fresh thyme
1 tsp. chopped fresh rosemary
1/2 sweet onion
3 cups fresh spinach (chopped)
2 T olive oil
2 T chopped kalamata olives
Juice from 1/2 lemon
1 bunch asparagus (2 bottom inches cut off and discarded)
1/2 cup marinated quartered artichoke hearts
1/2 cup cherry tomatoes halved
1 T chopped parsley
S and P to taste

1. Place thyme, rosemary, onion and spinach and olives in food processor and pulse four times or until well chopped and combined.
2. Cut a small opening in side of chicken breast and stuff herb/vegetable mixture inside.
3. Place chicken in oven-proof baking pan, drizzle with 1 T olive oil, lemon juice, and season with salt and pepper.
4. Bake in oven at 350 degrees for 20-25 minutes until breast feel firm and chicken is cooked. Save the flavor and juice in baking pan for sauce.
5. Toss asparagus in remaining olive oil, season with salt and pepper and broil for 3-4 minutes.
6. Combine tomatoes, artichokes, parsley, asparagus and TASTE.
7. Place 1/4 of asparagus mixture on plate and top with chicken and sauce.