



Chicken & Asparagus Over Rice

Ingredients:

2 Chicken Thighs

¼ c. Chicken Stock

6 oz. Rice

½ Red Bell Pepper (chopped)

3 Garlic Cloves (chopped)

6 oz. Asparagus (diced)

¼ c. Canola Oil

3 oz. Olive Oil

4 oz. Black Olives

3 oz. Parsley

¼ c. Flour

Preparation:

Season and flour chicken.

In a frying pan, heat canola oil and add chicken. Cook on medium heat until golden brown on all sides. Remove chicken from pan and set aside. Remove canola oil from pan and add olive oil and heat. Add asparagus, peppers and garlic. Saute 2-3 minutes. Add chicken stock to pan and then add chicken. Cover and cook 5-10 minutes.

Remove lid and add olives and parsley. Cook another 4-5 minutes. Serve over rice.

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

