

Grilled Chicken with Spinach and Melted Mozzarella & Sugar Snap Peas

Servings: 2

Slightly adapted from

<http://www.skinnytaste.com/2011/03/grilled-chicken-with-spinach-and-melted.html>

Ingredients

2 chicken breasts

Salt and pepper to taste

1 teaspoon olive oil

1 teaspoon minced garlic

5 ounces frozen spinach, thawed and drained

1/2 red bell pepper, seeds removed

Cooking spray

Ingredients

1) Preheat oven to 400°. Spray red pepper with cooking spray and place on baking pan. Roast in oven for 10 minutes. Slice into thin strips and set aside. Leave oven on.

2) Season chicken with salt and pepper. Prepare a grill or grill pan, spray with cooking spray. Cook chicken on the grill or grill pan until no longer pink.

3) Meanwhile, heat a sauté pan on medium heat. Add oil and garlic, sauté a few seconds, add spinach, salt and pepper. Cook until spinach is heated through.

4) When chicken is done, lay on a baking sheet lined with foil or parchment for easy clean-up. Divide spinach evenly between the 2 pieces and place on top. Top each with 1 tablespoon mozzarella, then slices of roasted pepper and bake until melted, about 6-8 minutes.

Oven Roasted Asparagus

Ingredients

1/2 lb asparagus

1 tablespoon olive oil

1 teaspoon minced garlic

1/8 teaspoon freshly ground black pepper

1/8 teaspoon salt

Preparation

1) Preheat oven to 350°. Snap off and discard tough ends of asparagus and place on a baking sheet. Drizzle evenly with olive oil, sprinkle evenly with garlic, salt, and pepper. Toss to coat.

2) Bake at 350° for 10 minutes or to desired degree of tenderness.