

# Skillet Pesto Chicken and Asparagus

Total Time: 30 minutes

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## Instructions

For pesto –

1. In a food processor, combine basil leaves, pine nuts, and garlic until finely minced.
2. Add oil slowly while processor is running and continue procession.
3. Add cheese and process just long enough to combine.

For dish –

1. Heat oil in a large skillet over medium heat.
2. Add chicken and cook 2-3 minutes on each side.
3. Add asparagus and pesto and cook for an additional 3-4 minutes until chicken is fully cooked.
4. Add cherry tomatoes and cook for additional 1-2 minutes until tomatoes become warm.
5. Serve over rice, quinoa, cauliflower rice, pasta, or other grain.
6. Add more pesto to grain as desired.

## Ingredients

For pesto –

- 1 cup fresh basil leaves (no stems)
- 1 tablespoon pine nuts or walnuts
- 1 large clove garlic
- ¼ cup extra virgin olive oil
- ¼ cup freshly grated parmesan cheese

For dish –

- 1 lb. boneless, skinless chicken breast, cut into small pieces
- 2 tablespoons olive oil
- 1 lb. fresh asparagus, ends trimmed and cut in half or thirds
- ¼ cup freshly prepared basil pesto
- 1 cup cherry tomatoes, halved