



Chicken Asparagus Roll-up

Advanced Lifestyle

INGREDIENTS

½ cup low-fat mayo
3 TBS Dijon mustard
1 lemon, juiced and zested
2 TSP dried tarragon
1 TSP ground black pepper
cooking spray

½ TSP salt
16 spears fresh asparagus, trimmed
4 skinless, boneless chicken breast halves
4 (1-oz.) slices low-fat provolone cheese
1 cup panko bread crumbs

INSTRUCTIONS

—Preheat oven to 475°. Grease a baking dish with cooking spray. In a bowl, mix together the mayo, Dijon mustard, lemon juice, lemon zest, tarragon, salt and pepper until the mixture is well combined. Set aside.

—Cook asparagus in microwave on High until bright green and just tender, 1 to 1-1/2 minutes. Set the asparagus spears aside.

—Place a chicken breast between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound chicken breast with smooth side of a meat mallet to a thickness of about 1/4". Repeat with the rest of the chicken breasts.

—Place 1 slice of provolone on each chicken breast, and top the cheese with 4 asparagus spears per breast. Roll chicken breasts around the asparagus and cheese, making a tidy package, and place, seam sides down, in prepared baking dish. With pastry brush, apply coating of the mayonnaise mixture to each chicken breast, and sprinkle each with panko crumbs, pressing crumbs into the chicken to make a coating.

—Bake in preheated oven until crumbs are browned and chicken juices run clear, about 25 minutes.

SERVING INFO: (Serves 4)

1 roll-up = 1 P, 1 V, 1 M, ½ G

See photo of this recipe at [Instagram](#) and [Facebook](#)