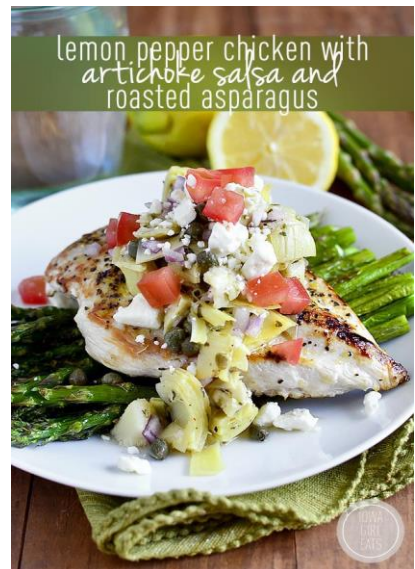


Lemon Pepper Chicken with Artichoke Salsa and Roasted Asparagus

This recipe has so many fresh, spring flavors!

Ingredients

- 4 chicken breasts, pounded thin
- Lemon Pepper seasoning
- 1 bunch asparagus, ends trimmed off
- extra virgin olive oil, for drizzling
- garlic salt and pepper
- 1/4 cup crumbled feta cheese
- 1 tomato, seeded and chopped
- For the Artichoke Salsa
 - 1 can quartered artichoke hearts, drained and roughly chopped
 - 2 Tablespoons capers, drained
 - 1/4 small red onion, minced
 - juice of 1/2 lemon
 - 2 Tablespoons Italian Salad Dressing
 - 1 clove garlic, microplaned or minced
 - 1/2 teaspoon dried oregano
 - 1/4 teaspoon dried thyme
 - salt and pepper



Instructions

1. Preheat oven to 425 degrees then line a baking sheet with foil and spray with nonstick spray. Add asparagus then drizzle with extra virgin olive oil and season with garlic salt and pepper. Toss with fingers to coat then roast for 10 minutes (a little less for thin asparagus spears,) or until just barely tender.
2. Meanwhile heat a large skillet over medium-high heat then spray with nonstick spray. Season both sides of chicken breasts liberally with lemon pepper then saute for 3-4 minutes a side or until cooked through.
3. Add ingredients for Artichoke Salsa in a bowl then stir to combine.
4. Divide roasted asparagus between plates then top with a chicken breast and scoop of artichoke salsa. Add 1 Tablespoon feta cheese and a quarter of the chopped tomatoes to each plate then serve.