

One Pan Lemon Garlic Chicken

INGREDIENTS:

- 1 package boneless skinless chicken thighs
- 1 lb asparagus (chopped into 1 inch pieces)
- ½ red onion (chopped)
- 2 jalapeno peppers (chopped)
- 1 red bell pepper (chopped)
- 1 lemon
- 1 tsp garlic powder
- 1 tsp black pepper
- 1 tsp salt
- 1 tbsp avocado oil (or olive oil)
- 1 tbsp honey (optional)

PROCESS:

1. Wash and chop the asparagus, red onion, jalapeno peppers and red bell pepper.
2. In a large ziploc bag, combine the chicken thighs, asparagus, red onion, jalapeno peppers, and red bell pepper.
3. Pour the avocado oil into the ziploc bag.
4. Squeeze the lemon into the ziploc bag.
5. Sprinkle the mixture with garlic powder, salt and pepper.
6. Add the honey to the ziploc bag (if desired).
7. Let marinate for at least 30 minutes.
8. Heat a large skillet to medium heat & add 1 tbsp of avocado oil.
9. Pour the bag of ingredients into the skillet & cook until the chicken reaches 165 degrees and the vegetables are tender & ENJOY!

