

Chicken Asparagus Bake

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)
30 grams protein
3 grams fat
225 calories

Ingredients

- 100 grams chicken, cubed
- 100 grams asparagus, chopped
- ½ cup hcg approved chicken broth (see recipe on website) or water
- 1 Melba toast, crushed (optional)
- 1 clove garlic, crushed and minced
- 2 tablespoons onion, chopped
- Dash of paprika
- Sea salt and pepper to taste

Directions

1. Place chicken, asparagus, liquids, and spices into small baking dish.
2. Bake at 375 degrees for 30 minutes or until bubbly and hot.
3. Top with crushed melba toast crumbs and sprinkle with paprika.



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