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Chicken Asparagus Bake

Ingredients

87 grams cubed chicken

Asparagus chopped (amount needed for vegetable serving)

½ cup water or chicken broth

1 clove garlic crushed and minced

2 Tablespoons onion chopped

Dash of paprika

Salt and pepper to taste

Directions

Place chicken, asparagus, liquids, and spices and pour into small baking dish. Bake at 375 degrees for 30 minutes or until bubbly and hot. Sprinkle top with paprika.

Makes 1 serving (meat and 1 vegetable)