

One Pan Meal - Lemon Garlic Chicken

♥ lowcarblove.com/blog/one-pan-meal-lemon-garlic

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Servings: 2

Ingredients:

- 1 gallon size ziploc bag
- 1 tbsp olive or avocado oil
- 1-2 lb chicken thighs
- 1 tsp garlic powder
- 3 cloves garlic

- 2 tbsp lemon juice
- 2 tbsp Choczero honey or Choczero sugar free maple syrup (discount code: lowcarblove)
- 4-5 asparagus spears, chopped into thirds
- ½ medium red onion, sliced into strips
- ½ red bell pepper, sliced into strips
- 1 jalapeno, chopped or sliced into strips
- Salt and pepper to taste

Directions:

1. Add the chicken, veggies, and seasonings into the ziploc bag.
2. Give it a good shake and let it sit in the fridge for a minimum of 30 minutes.
3. When you're ready to cook it, add some avocado oil to a skillet over medium - high heat and pour everything from the bag into the pan.
4. Cook until the chicken has a light golden brown crust.
5. Serve with a side salad or over some cauli rice!

Nutrition:

Nutrition per serving:

Calories - 417

- Total Carbs - 10g
- Fiber - 4g
- Net Carbs - 6g
- Fat - 27g

- Protein - 39g