



RECIPE OF THE WEEK

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Garlic Herb Lemon Chicken with Asparagus

A bright, zesty, and nourishing dish made with wholesome ingredients and the power of herbs. Perfect for a healthy, satisfying meal!



INGREDIENTS

FOR THE CHICKEN:

- 4 boneless, skinless chicken breasts
- 3 cloves garlic, minced
- Juice and zest of 1 lemon
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 tsp paprika
- Salt and pepper to taste

FOR THE ASPARAGUS:

- 1 bunch fresh asparagus, trimmed
- 1 tbsp olive oil
- 1 clove garlic, minced
- Salt and pepper to taste
- Lemon wedges for serving



HERBAL BENEFITS



Garlic – Supports heart health, helps reduce inflammation, and boosts immunity.



Lemon – High in vitamin C and antioxidants that help detoxify and promote glowing skin.



Oregano – Contains antioxidants and may support digestion and immune function.



Thyme – Traditionally used to support respiratory health and overall wellness.



DIRECTIONS

MAKE THE CHICKEN MARINADE:

1 In a small bowl, whisk together garlic, lemon juice, lemon zest, olive oil, oregano, thyme, paprika, salt, and pepper.

2 Marinate chicken breasts in the mixture for at least 20 minutes (or up to 4 hours in the fridge).

3 **PREPARE THE ASPARAGUS:**
Toss asparagus with olive oil, garlic, salt, and pepper.

4 **COOK THE CHICKEN:**
Heat a skillet over medium heat. Add chicken and cook for 5–6 minutes per side, or until golden brown and cooked through.

5 **COOK THE ASPARAGUS:**
In the same skillet or a grill pan, sauté asparagus for 4–6 minutes until tender-crisp.

6 **SERVE:**
Plate chicken with asparagus and garnish with lemon wedges. Enjoy!



BIBLE VERSE

Proverbs 3:5-6 (NIV)

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

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