

## Chicken Stacks with Roasted Asparagus

chicken stacks 1 medium eggplant

2 medium zucchini

2 fresh roma tomatoes

4, 5oz boneless skinless chicken breasts, slightly flattened

Sea salt and black pepper

Fresh basil leaves

1 lb. asparagus

2 Tbsp extra virgin olive oil

1 Tbsp balsamic vinegar

1 clove garlic

Sea salt and ground black pepper to taste

Chicken:

Line baking sheet with parchment paper. Cut eggplant into 3/4" thick slices. Slice zucchini into lengths. Slice tomatoes thickly. Pat chicken breasts dry and season with sea salt and pepper. Place four pieces of eggplant on the baking sheet. Now add slices of tomato and zucchini. Add basil as well. Top with chicken breast. Place in preheated 350 oven. Bake for 20 to 25 minutes or until chicken is done. Remove from oven. Serve immediately.

Asparagus:

Preheat oven to 425. Break off woody stems of each spear. Rinse well under water. Toss spears in olive oil, vinegar and garlic. Season with salt and pepper. Lay on a single layer in a shallow baking dish coated with cooking spray. Bake 6-10 minutes until just done.