



RECIPE | TOMATOES

GRILLED CHICKEN WITH REDROYALS® TOMATOES


30 min

5 min
PREP.
25 min
COOKING


2


easy

INGREDIENTS

Recipe created by *Megan Hutson*

12 oz Pure Flavor® RedRoyals® Sweet Cherry Tomatoes On-The-Vine, diced
3 boneless skinless chicken breasts, trimmed and flattened
2 bunches asparagus spears, trimmed
Squeeze of lemon juice

1 tbsp chicken seasoning
1 tbsp olive oil
1 tsp salt
1 tsp pepper



DIRECTIONS

- 1 Preheat oven to 425°F and heat up your grill.
- 2 Line a large baking sheet with parchment paper and toss asparagus with olive oil, lemon juice, salt and pepper.
- 3 Top asparagus with tomatoes still on-the-vine, and a few lemon slices if desired.
- 4 Roast for 12-15 minutes.
- 5 While asparagus and tomatoes are roasting, sprinkle both sides of your chicken breast and cook on the grill for 6-7 minutes or until they reach an internal temperature of 165°F.
- 6 Let the chicken cool before slicing to retain maximum juiciness and flavor.
- 7 Serve chicken alongside asparagus, cherry tomatoes on-the-vine, plus your favorite dipping sauce!

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