

Chicken and Asparagus Saute (Light & Delicious, Main Courses)

- 1 cup Greek yogurt
- 1 to 2 Tbsp. Halladay's Lemon Spinach Seasoning
- 1/4 cup olive oil
- 2 lbs. boneless, skinless chicken breasts, split horizontally
- 1 lb. asparagus, thinly sliced on an angle
- 3 Tbsp. capers with brine

Combine yogurt and seasoning; set aside. Season chicken with salt and pepper. In a large skillet, heat oil over medium-high. Cook chicken until golden, 3-4 minutes per side; set aside. Add asparagus, capers and brine to skillet. Cook, stirring often, until asparagus is tender. Dollop yogurt onto plates and top with remaining ingredients.