

CHICKEN AND GOAT CHEESE SKILLET

Preparation: **5 min** | Cooking: **15 mins.** | Servings: **2**

INGREDIENTS

1/2 pound boneless skinless chicken breasts, cut into 1-inch pieces
3 plum tomatoes, chopped
1 garlic clove, minced
1 cup cut fresh asparagus
3 tbsp. 2% milk
2 tbsp. herbed fresh goat cheese crumbles
2 tsp. olive oil
1/4 tsp. salt
1/8 tsp. pepper
Hot cooked brown rice or whole wheat pasta
Additional goat cheese, optional



INSTRUCTIONS

Toss chicken with salt and pepper. In a large skillet, heat oil over medium-high heat; sauté chicken until no longer pink, 4-6 minutes. Remove from pan; keep warm. Add asparagus to skillet; cook and stir over medium-high heat 1 minute. Add garlic; cook and stir 30 seconds. Stir in tomatoes, milk and 2 tablespoons cheese; cook, covered, over medium heat until cheese begins to melt, 2-3 minutes. Stir in chicken. Serve with rice. If desired, top with additional cheese.