**Chicken Scaloppini with Sugar Snap Peas, Asparagus and Lemon Salad  
Serves 6**

**Ingredients:**

3 cups julienne-cut trimmed sugar snap peas (about 1 pound)  
2 cups sliced asparagus (about 1 pound)  
6 skinless, boneless chicken breast halves  
¾ tsp. salt, divided  
½ tsp. freshly ground pepper  
Cooking spray  
1 cup fat-free, reduced sodium chicken broth   
1/3 cup dry white wine  
1 tablespoon butter  
1 tablespoon chopped fresh mint  
2 ½ tablespoons extra virgin olive oil  
1 teaspoon lemon rind  
1 ½ tablespoons fresh lemon juice

**Preparation:**

Steam peas and asparagus, covered, 4 minutes. Rinse with cold water, drain and chill peas mixture.   
  
Place each chicken breast half between 2 sheets of heavy duty plastic wrap; pound to ¼ inch thickness using a meat mallet or small heavy skillet. Sprinkle chicken evenly with salt and pepper. Heat a large non-stick skillet over medium-high heat. Coat pan with cooking spray. Add 2 breast halves to pan; sauté 2 minutes on each side or until done. Repeat with remaining chicken. Add broth and wine to pan; bring to a boil, scraping pan to loosen browned bits. Cook until reduced to ½ cup. Remove from heat; stir in butter.  
  
Combine remaining ¼ teaspoon salt, mint, oil, rind and jucie, stirring well with a whisk. Drizzle oil mixture over pea mixture, toss gently to coat. Serve pea mixture with chicken and sauce. (Serving size: 1 chicken breast half, 1 cup pea mixture, 4 teaspoons sauce).

**Nutritional Information per serving:** Calories 315, Fat 10 g (Sat Fat 2.6 g, Poly 1.4 g, Mono 5.2 g), Protein 43.3 g, Carbs 10.3 g, Fiber 3.7 g, Cholesterol 104 mg, Sodium 495 mg