

# Scalloped Mediterranean with asparagus

## Ingredients

- 2 boneless skinless chicken breasts
- 2 Tbsp. capers
- 1/2 cup wheat flour (use quinoa if gluten free)
- extra virgin olive oil
- 1 organic lemon
- salt
- black pepper
- 1 bunch asparagus

## Tools

- frying pan
- 1 lemon reamer/juicer
- 1 pair tongs
- meat tenderizer (can use rolling pin or empty wine bottle)
- sharp knife