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Poppy Seed Chicken, Asparagus, and Wild Rice

Chicken's a ubiquitous ingredient in the meal-prep world, so this list wouldn't be complete without a delicious chicken recipe. This one's about as simple and straightforward as they come, and it only takes 15-20 minutes to whip up.

Here are a couple tips: Reduce prep and cleanup time by purchasing asparagus spears that come in a microwave bag, and pull one of those precooked or microwaveable rice packages from the pantry.

Prep Time: 5 min. Cook Time: 10 min.

Ingredients (per bowl)

2-3 chicken tenders
10-15 spears asparagus
1 cup cooked rice
2 tbsp sesame oil
1-2 tbsp poppy seeds
Salt and pepper to taste
garlic to taste

Directions

1. Heat sesame oil in a skillet over medium-high heat.
2. Add chicken tenders to skillet, sprinkle with seasonings and poppy seeds. Cook chicken for 6-8 minutes, stirring and flipping them often.
3. Prepare rice and asparagus according to the instructions on the packages.
4. Distribute rice, chicken tenders, and asparagus between meal prep containers.
5. Keep container refrigerated or in a cooler until you're ready to eat. Microwave for 60 seconds before eating.