

Chicken and Asparagus

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking Time: 12 minutes

Serves: 4

CChints: Panko bread crumbs can be found on the Asian food aisle at your market. It will give your chicken more of a textured look than just using flour. When cooking with wine, always use a wine you would want to drink. The younger the asparagus is, the thinner and more tender it will be. You want them larger around than a pencil.



1/2 cup Panko Bread crumbs

1/2 teaspoon salt

1/4 teaspoon pepper

3 – 6 ounce skinless, chicken breasts

2 Tablespoons butter

1/2 cup dry white wine

14 ounce can fat-free, less sodium chicken broth divided... 1/2 cup to cook with the chicken and the rest of it can when mixed with water can be used to cook the rice. See below.

4 servings of brown or whole grain rice

2 cloves minced garlic, fresh or from a jar

1 pound of asparagus spears, ends trimmed

2 tablespoon lemon juice (usually 1/2 lemon will produce 2 tablespoons)

Zest from 1/2 of a lemon

Rice: Check the cooking time for your rice and add about 3 minutes for the water to boil. Try to time it so the rice and the rest of the meal are done at the same time. The meal takes about 13 minutes from start to finish. Prepare the rice according to the package directions for 4 servings. Remember to use the rest of the 14 ounce can of chicken broth as part of your liquid. It won't be enough to cook the rice so you need to add water to the chicken broth to come up with the amount of liquid called for on the package. Add the lemon zest to the broth/water before boiling.

In a shallow bowl or a plate, combine the panko crumbs and salt and pepper.

Lay out about 18 inches of plastic wrap on the counter. Rinse chicken, cut them in half and pat dry with a paper towel. Melt butter in a large nonstick skillet of medium-high heat. Take one piece of chicken at a time a lay it on the plastic wrap. Fold the plastic over the top of the one piece of chicken at a time and pound it to 1/2 inch thick with a meat mallet or heavy skillet. Dredge the chicken in the crumbs and lay in the pan. Cook 3 minutes on each side until done. Remove the chicken from the pan and put in a microwaveable container to keep warm.

Turn the heat down to medium and slowly add the wine for 30 seconds. Then add in 1/2 cup of the broth and the garlic, and cook 2 minutes, scraping the bottom of the pan to loosen any brown bits....they are full of flavor. Add asparagus; cover and cook for 3 minutes. During this time check the chicken to see if it is still warm. If it is not, put it in the microwave for 30-40 seconds.

Remove the skillet from the heat and stir in the lemon juice. Divide the rice and asparagus evenly among the 4 plates. Top the rice with the chicken and pour 2 tablespoons sauce over the rice and chicken.