

Chicken with Fall Vegetables

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: Butternut squash is tall, yellow/gold in color with a hard outer covering. You want to peel it with a sharp vegetable peeler or knife. Discard the seeds and chop into bite size pieces. You can substitute dry herbs for fresh but we like fresh because you do get a more robust flavor. Sometimes you can buy the herb in a small plant for the price of packaged fresh herbs. Growing your own will pay you back over and over again.



- 4 boneless, skinless chicken breasts
- 1 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 2 teaspoons fresh thyme leaves, divided
- 1 teaspoon chopped fresh rosemary, divided
- 2 teaspoons chopped fresh oregano, divided
- 2 tablespoons olive oil
- 1/3 white wine
- 1 cup chicken broth
- 2 large cloves of garlic, minced
- 2 cups bite size pieces of butternut squash
- 1 pound asparagus spears, ends trimmed.
- 1 teaspoon lemon juice

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. When you are done, sprinkle all with half of the salt and pepper on both sides. Combine half of the thyme, rosemary and oregano together. Sprinkle evenly over one side of the chicken and press down into the flesh.

In a large nonstick skillet, heat the olive oil over medium heat. When the oil is hot, add the chicken to the pan and brown for 3 minutes on each side covered. Remove them from the pan and put in a covered container to keep warm until you start the sauce. Use the chicken cooking time to wash all surfaces that came in contact with the chicken and throw away the plastic wrap.

Remove the pan from the heat and slowly pour in the wine, scraping the pan to get the browned chicken flavors off the bottom of the pan. Turn the heat to medium and add the garlic for 1 minute then stir in the broth and bring it to a boil. Add the rest of the salt, pepper, herbs and the squash. Reduce the heat to a simmer and cook for 8 - 10 minutes. Add the chicken and asparagus to the pan and cook for 4 minutes or until the asparagus is tender.

Remove from the heat and stir in the lemon juice. Transfer a piece of chicken to each dinner plate. Divide the vegetable among the plates and top each with a spoonful of the sauce.