

One pan and 30 minutes is all you need to make this easy and satisfying dinner recipe, complete with pan-seared chicken and asparagus and a rich white wine and lemon sauce!

### **INGREDIENTS:**

- 1 ½ pounds chicken breast (2 to 3 large chicken breasts)
- Kosher salt
- Black pepper
- 1 tablespoon homemade Italian seasoning (or quality store bought)
- 1 teaspoon sweet paprika
- ½ cup all purpose flour, or more as needed
- Extra virgin olive oil
- 1 pound fresh asparagus, hard end trimmed, cut on the diagonal into 2-inch pieces
- 4 garlic cloves, minced
- ½ cup white wine
- 1 lemon, juiced
- ½ cup homemade chicken broth (or low sodium store bought)



### **INSTRUCTIONS:**

1. Turn the chicken breasts into thinner cutlets. Place each chicken breast half on a cutting board. Place your non-dominant hand on top of the chicken to keep it from moving. Using a good chef's knife, carefully slice the chicken horizontally down the middle so that you end up with two thinner chicken cutlets. (If the chicken is

still uneven, you can pound it briefly until you have cutlets that are about ¼-inch thick).

2. Season the chicken. Season the chicken on both sides with the Italian seasoning, sweet paprika, and a big pinch of salt and pepper.
3. Coat the chicken in flour. Place the flour in a shallow dish. Turn the chicken in the flour to lightly coat on both sides. Give it a gentle shake to remove excess and set aside for now.
4. Sauté the asparagus. In a large pan with a lid, heat about 2 tablespoons olive oil over medium-high until shimmering. Add the asparagus and season with a big pinch of salt and pepper. Sauté, tossing occasionally, until just tender, 3 to 5 minutes. Use a pair of tongs to transfer the asparagus to a plate for now.
5. Pan-sear the chicken. To the same pan over medium-high, add a drizzle more olive oil. When it's fully shimmering, add the chicken and sear until golden. Flip and sear until the other side is golden, about 3 minutes per side.
6. Make the sauce. Add the garlic and push it around until fragrant, about 30 seconds. Add the white wine and allow it to reduce by about half, then add the lemon juice and chicken broth.
7. Simmer. Turn the heat down to low and cover the pan. Cook for about 7 to 8 minutes, or until the chicken is cooked through with its internal temperature registering at 165°F. A couple of minutes before you turn the heat off, tuck the asparagus in between the chicken pieces to allow it to warm through. Serve immediately. Adjust this recipe as you'd like: Use any veggies and/or cut of chicken you have on hand—just adjust the cooking time to make sure the thickest part of the chicken reads at 165°F. Skip the flour for a gluten-free option.

Calories: 212.6kcal Carbohydrates: 14.5g Protein: 27.6g Fat: 3.4g Saturated Fat: 0.7g Polyunsaturated Fat: 0.6g Monounsaturated Fat: 0.9g Trans Fat: 0.01g Cholesterol: 72.6mg Sodium: 210.9mg Potassium: 655mg Fiber: 2.5g Sugar: 2.2g Vitamin A: 773.9IU Vitamin C: 15.8mg Calcium: 37mg Iron: 2.8mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.