

Roasted Chicken & Asparagus with Pan Sauce

Patio season is calling with this fresh dish that will bring everyone together for a meal and conversation.

Ingredients

- 1 tbsp canola oil
- 4 4-oz. boneless, skinless chicken thighs
- 2 tbsp [Dijon Mustard Rub](#)
- 1 small onion
- 1 pkg (8 oz.) cremini (baby bella) mushrooms
- 1 pint cherry tomatoes
- 1 bunch (about 1 lb.) asparagus, trimmed
- 2 garlic cloves
- 1/2 tsp salt
- 1/3 cup white wine or chicken broth
- 1/2 lemon



pampered chef™

Instructions

1. Preheat the oven to 425°F. Heat the oil in the [12" Stainless Steel Nonstick Skillet](#) over medium-high heat for 3–5 minutes.
2. Season both sides of the chicken with 1 tbsp of the rub. Place the chicken in the pan and sear for 4 minutes. Turn the chicken over and sear for 1 additional minute. Remove the chicken from the pan (it will not be fully cooked).
3. Meanwhile, cut the onion in half lengthwise, from root to top. Slice the onion and mushrooms using the [Simple Slicer](#) on the #3 setting. Cut the tomatoes in half and cut the asparagus into 1" pieces.
4. Add the onions, mushrooms, garlic pressed with the [Garlic Press](#), and salt to the pan. Sauté for 2–3 minutes, scraping the bottom of the pan to release the fond (see cook's tip).
5. Add the wine, lemon juiced with the [Citrus Press](#), and remaining rub. Simmer, uncovered, for 3–5 minutes, or until the liquid has reduced by half.
6. Add the tomatoes and asparagus to the pan and stir to combine. Place the chicken on top of the mixture and bake for 12–15 minutes, or until the internal temperature of the chicken reaches 165°F.

Yields 4 servings

U.S. Nutrients per serving:

Calories 240, Total Fat 7g, Saturated Fat 1 g, Cholesterol 65 mg, Sodium 420 mg, Carbohydrate 15 g, Fiber 5 g, Sugars 7 g, Protein 18 g

Cook's Tips:

Fond is what's left in the pan after you sear food—but it's not just something to scrub away! It's packed with flavor, and all you have to do to incorporate it into your recipe is deglaze the pan. Add a little wine, broth, or other liquid and stir to get more flavorful food.