

One-Pan Honey Lemon Chicken and Asparagus

FROM THE KITCHEN OF
DEBBIE MACOMBER

This healthy one-pan meal is bright in color and flavor, and utilizes quick-cooking ingredients like chicken breasts and asparagus to make it a perfect spring weeknight dinner.

Serves 4



Ingredients

2 large chicken breasts, sliced horizontally
½ cup all-purpose flour
1 tsp salt
¼ teaspoon ground black pepper
6 tablespoons unsalted butter, separated
1 tablespoon finely chopped garlic
1/3 cup lemon juice
¼ cup honey
2 tablespoons soy sauce
2 tablespoons minced parsley
1 lemon, sliced
1 bunch asparagus, thick ends trimmed

Directions

Cut chicken breasts in half horizontally to create 4 thinner cutlets. Pound each piece to flatten to 1/2-inch thick. Set aside.

In a wide, shallow dish, whisk together the flour, salt and pepper. Set aside.

Melt 3 tablespoons of the butter in a large skillet over medium-high heat. Add the garlic and sauté for 1 minute, until very fragrant. Add the lemon juice, honey, soy sauce and parsley. Bring to a simmer, then turn heat down to medium-low; simmer for about 5 minutes, until slightly thickened. Pour sauce into a bowl and set aside.

Dredge each piece of chicken in the flour mixture to coat. Melt 1 tablespoon of the butter in the skillet over medium-high heat. Add chicken and fry for 4-5 minutes per side, until golden brown. Remove to a plate.

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Directions Continued...

Place lemon slices on the bottom of the pan, and cook for 1-2 minutes per side, gently moving them around to loosen up any browned bits. Remove lemons from pan and place on top of chicken.

Melt the remaining 2 tablespoons of the butter over medium-high heat, then add the asparagus. Cook for 4-6 minutes until crisp tender, shaking the pan to turn them every few minutes. Once crisp tender, transfer the chicken and lemon back to the skillet. Drizzle half of the sauce over everything in the pan, and sauté until hot. Season with salt and pepper to taste. Serve and enjoy!