

Chicken with Asparagus & Caramelized Onions



Makes:

6 servings

Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

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Contributed By:

Chef John

Le Grand Gourmet

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6

4 ounce

chicken breasts, boneless skinless

(113

g)

1

tablespoon

all purpose seasoning

(15

mL)

1

large red onion, julienned, use Cone #2

1

teaspoon

fresh garlic, grated, use Cone #1

(5

mL)

1

tablespoon

white wine, optional
(15
mL)
1
pound
fresh asparagus, trimmed
(450
g)

Directions:

1. Season chicken with all purpose seasoning and let stand for 10 minutes.
2. Preheat electric skillet to 350°F/175°C.
3. Place chicken in electric skillet, cover and sear until lightly browned.
4. When browned, turn chicken, cover and brown second side. Cover should remain slightly ajar during browning.
5. Continue to cook until chicken is about ¾ done, approximately 12 - 15 minutes depending on thickness of chicken breasts.
6. Remove chicken from electric skillet and set aside.
7. Place onions and garlic in electric skillet and sauté until golden brown. The natural moisture and sugars from the onions will begin to caramelize.
8. Add white wine, if desired.
9. Add fresh asparagus, cover and continue to cook for 3 - 4 minutes. Asparagus should remain crunchy and become a vibrant green.
10. Return chicken breasts to electric skillet and cover.
11. When Vapo-Valve begins to click, reduce temperature to 165°F/75°C to form a vapor seal.
12. Continue to cook until juices from the chicken breasts run clear, approximately 5 - 6 minutes.
13. A meat thermometer inserted into the thickest part of the breast should read 170°F/77°C when done.
14. To serve, arrange chicken breasts on plate and top with the asparagus and caramelized onions.

Tips:

- Try apple juice or chicken broth in place of white wine.
- Compliment this dish with your favorite pasta or rice.

Nutritional Information per Serving

Calories:

155

Total Fat:

2g

Saturated Fat:

1g

Cholesterol:

66mg

Sodium:

77mg

Total Carbs:

6g

Dietary Fiber:

2g

Sugar:

3g

Protein:

28g