

## Seasonal Eating



## Sautéed Honey Mustard Chicken and Asparagus

- 1/2 cup + 2 tablespoons chicken broth, divided
- 1/4 cup coarse ground mustard
- 1/4 cup honey
- 1 teaspoon dried thyme (or 1 tablespoon fresh)
- 2 teaspoons cornstarch
- 2 tablespoons olive oil
- 1 tablespoon butter
- 2 pounds boneless, skinless chicken breasts, cut into 1/2" cubes
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bunch asparagus spears, trimmed and cut into 1" sections
- 4 green onions, sliced

In a medium bowl combine 1/2 cup chicken broth, mustard, honey and thyme. Set aside. In a small bowl, combine remaining 2 tablespoons chicken broth and cornstarch. Set aside. In a large skillet, heat olive oil and butter together over medium high heat. When bubbling, add chicken. Sprinkle with salt and pepper and cook, stirring occasionally, until just cooked through, about 5 minutes. Add asparagus and green onions and sauté until asparagus is tender, about 3 minutes. Add reserved honey mustard mixture and stir to coat. Stir in the cornstarch mixture and bring to a boil, cooking until thickened. Serve over rice or noodles.