

Seasonal Eating

Southwestern Cheesy Chicken and Asparagus

1 teaspoon kosher salt
1 teaspoon dried thyme
1 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon ground sage
1/2 teaspoon ground cumin
1/8 teaspoon cayenne pepper

4 boneless skinless chicken breasts
4 tablespoons butter, divided
20-24 fresh asparagus spears
Olive oil
1/2 onion, chopped
1 clove garlic, minced
1 1/2 tablespoons flour
1/4 cup chicken broth
3/4 cup milk
1/4 teaspoon kosher salt
1/8 teaspoon black pepper
1 (4-ounce) can chopped mild green chili, drained
1 cup shredded Monterey Jack cheese

In a small bowl stir together the salt, thyme, chili powder, garlic powder, onion powder, sage, cumin and cayenne. Sprinkle both sides of the chicken breasts with the spice mixture. In a medium skillet, melt 2 tablespoons of the butter. Add the chicken breasts, cover and cook over medium high heat for about 12 minutes or until cooked through, turning once. In the meantime, trim the asparagus and toss with a little olive oil, salt and pepper. Place on a baking sheet and roast at 425 degrees until crisp tender, about 10-12 minutes. For the sauce, melt the remaining 2 tablespoons of butter in a medium saucepan. Add the onion and garlic and sauté until translucent. Add the flour and cook for a minute. Add the chicken broth, milk, salt and pepper. Whisk and bring to a boil. When thickened, add the chilies and cheese and stir until melted. To serve, place 5-6 spears of asparagus on a plate, top with the chicken and spoon the sauce over the top.