

Chicken and Asparagus Bundles

Juudy Scrimger - DFAIT/MAECI

Ingredients:

- 4 boneless chicken breast halves
- 24 fresh slender asparagus spears, trimmed (fewer if asparagus is thick)
- 2 Tablespoons olive oil
- 2 teaspoons fresh lemon juice
- 2 small (or 1 large) garlic clove
- ½ teaspoon dried basil
- ½ teaspoon thyme
- salt and pepper
- ¼ cup sliced green onions
- 2 teaspoons cornstarch
- 1 cup chicken broth

Instructions:

- Flatten chicken breasts enough to roll up easily
- Wrap each breast piece around 6 asparagus spears; secure with toothpicks
- Place in 13x9" baking dish coated with non-stick cooking spray
- Combine oil, lemon juice and seasonings; spoon over the bundles
- Cover asparagus tips with foil, and bake at 350 for 15 minutes
- Uncover; sprinkle with sliced onion and bake 12-15 minutes longer
- Remove bundles to serving platter and keep warm
- In a saucepan over medium heat, whisk cornstarch and broth until smooth, then stir in pan juices
- Bring to a boil; cook and stir for 2 minutes until thickened
- Remove toothpicks from bundles, top with sauce and serve