

## **Chicken with Onion Sauce**

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 25 minutes

Serves: 4

**CChints:** This recipe has several fresh herbs. If you do not have fresh, you can substitute dry. Divide the amount of fresh by 3 and that is how much of the dry herb you will need. Example 1 tablespoon is the same as 3 teaspoons divided by 3 = 1 teaspoon of dry. Also, after you squeeze the lemon for the juice, put the rind in a plastic bag and freeze it. When you need lemon zest, just pull out the lemon rind and run under cold water before zesting.



1 pound wheat or multi-grain angel hair pasta

4 boneless, skinless chicken breasts

2 tablespoon olive oil, divided

1-1/2 cups yellow onion, chopped

1/2 teaspoon salt and dash of pepper

2/3 cup reduce sodium chicken broth

Juice from 1 lemon

1/8 teaspoon saffron threads, crushed

1/2 teaspoon ground ginger

2 gloves minced garlic, fresh or from a jar

1 bay leaf

2 tablespoon pine nuts, chopped

2 tablespoons fresh parsley, chopped

1 tablespoon fresh oregano, chopped

1-1/2 teaspoon fresh thyme

4 servings of asparagus, ends trimmed

Cook pasta according to package directions. Try to time it so the pasta is done when the rest of the dish has finished cooking. You might want to start it half way through this recipe. See below note.

Over medium heat add 1 tablespoon oil to a large non-stick skillet. Rinse chicken and cut off any excess fat. Pat dry and lay in the skillet. Cook for 3 minutes and turn the chicken over. Add the onions to the pan and sprinkle everything with salt and pepper. Cook for 3 more minutes, stir occasionally. Be sure to wash any items and surfaces that came in contact with the raw chicken. You can start the prep work measuring the nuts and herbs.

Slowly pour in half the broth and using a wooden spoon to get the brown bits off the bottom of the pan. Pour in the rest of the broth and add the rest of the ingredients through the bay leaf. Let it come to a boil, cover and reduce the heat. Simmer for 10 minutes. NOTE: Now is the time to start cooking your pasta.

Stir in the pine nuts through asparagus, cover and simmer for another 5-10 minutes until the chicken is done.

Drain the pasta and put some on each plate. Top with a piece of chicken and 1 – 2 spoons of the onion sauce.