



30
MINUTES

1. Preheat oven to 375°. Heat olive oil in a large, heavy ovenproof frying pan (not nonstick) over high heat until oil is hot but not smoking. Add chicken breasts, top side down, and cook until golden, 2 to 3 minutes. Turn chicken over.
2. Add shallots and garlic to pan with chicken, stirring occasionally so garlic doesn't burn, until shallots are soft and translucent, 3 to 4 minutes. Add chicken stock, thyme sprigs, mushrooms, 1/2 tsp. salt, and 1/4 tsp. pepper and cook until mixture begins to boil, about 1 minute.
3. Lay asparagus over chicken, then cover pan and put in oven. Bake 14 to 16 minutes, or until chicken is just cooked through (cut to check) and asparagus is tender (see Notes). Transfer chicken to a plate.
4. Season asparagus-shiitake-stock mixture with salt and pepper to taste. Divide vegetables among 4 rimmed plates or shallow pasta bowls, top each with a piece of chicken, and spoon sauce over all. Garnish with chopped thyme and parmesan.

PER SERVING 355 CAL. 25% (88 CAL.) FROM FAT; 5.8 G PROTEIN; 9.8 G FAT (1.7 G SAT.); 8.3 G CARBO (1.8 G FIBER); 582 MG SODIUM; 132 MG CHOL.

4 more chicken dinners

Chicken with haricots verts, potatoes, and toasted almonds Substitute haricots verts (slender French green beans) for asparagus, 12 to 16 parcooked baby red potatoes for mushrooms, tarragon for thyme, and 4 tsp. toasted slivered almonds for parmesan.

Red-pepper lemon chicken Omit asparagus and reduce stock to 1/2 cup. Replace mushrooms with one 7-oz. jar drained, sliced roasted red peppers and 1 can (15 oz.) drained rinsed cannellini beans. Stir in 1/2 tsp. red pepper flakes, omit thyme, and brighten flavor of dish with 1 tbsp. lemon juice and shredded zest of 1 lemon.

Mushroom lover's chicken Substitute reduced-sodium beef broth for the chicken stock, omit asparagus, and add 4 more oz. mixed fresh wild mushrooms. Top with shredded gruyère in lieu of parmesan.

Artichoke and sun-dried tomato chicken Omit asparagus; reduce stock to 1/2 cup. Use halved marinated artichoke hearts instead of mushrooms; add 1/4 cup sliced oil-marinated sun-dried tomatoes. Replace thyme with 1/4 cup sliced basil. ■

One bold chicken

Sure, it's a lean dish, but the contrasting tastes and textures make this anything but wimpy diet food

BY ADEENA SUSSMAN PHOTOGRAPH BY ANNABELLE BREKEY

Pan-roasted chicken with asparagus and shiitakes

Meaty shiitakes, a good sear on the chicken, and a sprinkle of nutty parmesan cheese—not to mention the sweet, tender-crisp asparagus—make this low-fat dish a winner.

PREP AND COOK TIME About 30 minutes

MAKES 4 servings

NOTES If you prefer your asparagus more fully cooked, return it to the oven once you've lifted out the chicken and bake it 5 to 10 minutes more.

- 2 tbsp. olive oil
- 4 boned skinned chicken breast halves (8 oz. each)
- 2 large shallots, minced
- 3 garlic cloves, minced
- 1 cup reduced-sodium chicken stock
- 3 sprigs thyme, plus chopped thyme for garnish
- 8 oz. shiitake mushroom caps, rinsed and halved, or halved button mushrooms
- About 1/2 tsp. salt
- About 1/4 tsp. freshly ground black pepper
- 1 lb. slender asparagus, trimmed
- 1/4 cup freshly and finely shredded parmesan