



One Pan Ranch Chicken and Asparagus

INGREDIENTS

- 2 tablespoons unsalted butter
- 2 tablespoon olive oil
- 1 large onion, halved and sliced thin
- 1-pound boneless, skinless chicken thighs, cut into bite-size pieces
- 2 teaspoons Ranch Salad Dressing and Seasoning Mix
- 1 bunch asparagus ends trimmed
- ¼ cup chicken broth

DIRECTIONS

1. Heat the butter and oil in a large skillet set over medium heat. Add the onions and cook stirring often until beginning to caramelize about 10-15 min.
2. While the onions are cooking, place the chicken and Ranch Salad Dressing and Seasoning Mix into a zipper bag. Seal and shake to coat the chicken.
3. Push onions to the side of the pan and add the chicken. Cook the chicken until browned for about 5 minutes.
4. Add in asparagus and the chicken broth, cover the pan and cook until the asparagus has softened slightly for about another 5 minutes. Serve Immediately.

Waldorf Salad

YIELD: 6 SERVINGS

INGREDIENTS

- 1 ½ cup coarsely chopped apple (about 1 medium)
- 1 cup coarsely chopped pear (about 1 medium)
- 1 cup red seedless grapes.
- ½ cup thinly sliced celery
- 1/3 cup vanilla nonfat yogurt
- 1 tablespoon unsweetened apple juice
- 1 teaspoon ground ginger

DIRECTIONS

Combine first 4 ingredients in a medium bowl. Combine yogurt, apple juice, and ginger; pour over apple mixture, tossing to coat.



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