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.