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*by ewfood*

# One-Pan Spring Chicken with Asparagus and Edamame



## Ingredients

3 tbsp. all-purpose flour  
kosher salt  
4 boneless, skinless chicken breasts  
2 tbsp. olive oil  
1 small red onion  
1 clove garlic  
0.50 c. dry white wine  
1 c. low-sodium chicken broth  
1 lb. asparagus  
1 c. frozen edamame  
2 tbsp. Chopped fresh dill  
1 tbsp. sour cream  
1 tbsp. fresh lemon juice  
Steamed new potatoes or crusty bread

## Preparation

- 1 In a shallow bowl or pie dish, whisk together the flour and 1/2 teaspoon each salt and pepper. Coat the chicken breasts in the flour mixture.
- 2 Heat the oil in a large skillet over medium-high heat and cook the chicken breasts until golden brown on one side, 4 to 6 minutes. Turn the chicken, add the onion and garlic and cook, stirring the onion and garlic occasionally, for 3 minutes.
- 3 Add the wine to the skillet and simmer, scraping up any brown bits, until reduced by half, 1 to 2 minutes. Add the broth, return to a boil, then reduce the heat and simmer until the chicken is cooked through, 5 to 6 minutes more.
- 4 Two minutes before the chicken is done, add the asparagus and edamame to the skillet and cook, stirring occasionally, until just tender.
- 5 Remove from heat and stir in the dill, sour cream, and lemon juice. Serve with potatoes or crusty bread, if desired.

## Cooks Note

(Source)