

Balsamic Asparagus

Asparagus is the quintessential spring vegetable, but is easy to find year-round. Balsamic mixed with chicken broth and cornstarch adds a sweet and sour flavor to this dish. Top with grilled, sliced chicken to make it a meal.

Serves 4

Ingredients

2 tablespoons balsamic vinegar
1 tablespoon cornstarch
1 tablespoon olive oil
2 cloves garlic, minced or thinly sliced
1 bunch green asparagus, trimmed, cut in half
½ teaspoon salt
¼ teaspoon freshly ground black pepper
¼ cup reduced-sodium chicken broth
¼ cup fresh basil leaves
1/2 cup cubed fresh mozzarella

Directions

In a small bowl combine vinegar and cornstarch. Set aside. Warm the olive oil in a medium skillet over medium-high heat. Add the garlic and cook 30 seconds until it becomes fragrant. Add the asparagus and cook 2-3 minutes until it begins to brown. Add salt and pepper.

Add the chicken stock and cover. Cook 3-4 minutes until the asparagus is crisp tender. Stir in the balsamic mixture and reduce the heat to low. Stir until a thick sauce forms. Off the heat stir in the mozzarella and basil. Serve immediately.

Make It A Meal

Roasted Lemon Chicken and Twice Baked Sweet Potato

Wine Pairing

Chardonnay or Pinto Grigio

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