

# *Asparagus Chicken with Balsamic Orange dressing*



## **Ingredients:**

1 lb. Skinless/boneless chicken thighs

1 lb. small asparagus (skinny not fat)

8 oz. baby spinach

1 red bell pepper sliced thin

1 Roma tomato diced

4 diced green onions

Feta Cheese

Balsamic vinegar

1 orange

Garlic salt

Olive oil

Black Pepper

Sea Salt

## **Directions:**

Remove most of the fat from the chicken thighs and slice them into strips.

Pan fry them on a medium heat until they are evenly browned. Season them with garlic salt and black pepper, (you can also add a bit of onion salt for fun) to taste. I do not use any oil while doing this. The thighs will have enough fat left so they should not burn. Make sure they are cooked thoroughly.

In a separate frying pan; sauté' the asparagus using a bit of olive oil, garlic salt and pepper. Squeeze the juice from a ¼ orange on them just before they are done. Cook these on a medium high heat; this should take no more than 5 minutes. You want them hot on the outside and crisp on the inside. Make sure you turn them over at least once during the cooking process. Add your sliced red pepper during the last 2-3 minutes of cooking.

#### The dressing

In a glass mixing bowl use ¾ cup of olive oil, ¼ cup balsamic vinegar, garlic salt, black pepper and the juice from ½ an orange. Whisk until completely mixed. Taste the dressing at this point. You may want to add more of an ingredient or two.

On a plate place the baby spinach. Arrange the cooked asparagus and peppers, (be creative with the design it's a very colorful dish) on top. Then add the Chicken and diced tomatoes. Sprinkle the Feta cheese as desired on the dish.

Drizzle the balsamic and orange dressing on the asparagus and chicken.