

Chicken thighs stuffed with asparagus, feta and lemon:

While this recipe is for six stuffed thighs, you can modify the amounts depending on the number of servings. As a time saver, you can stuff the thighs ahead of time, refrigerate then cook at dinnertime.

Ingredients

Eight boneless, skinless chicken thighs
Fresh asparagus (3-4 spears per thigh)
1/3 cup herbed feta
One lemon
½ cup chicken stock
Unsalted butter
Wooden toothpicks



Preheat oven to 375°.

Prepare filling: Heat 1 tablespoon olive oil over medium heat in a non-stick skillet (make sure your non-stick is oven safe to 375°). Trim asparagus to 3” tips. Sauté asparagus tips in the skillet until fork tender, about 3-4 minutes. Sprinkle with salt and pepper.



Fill chicken thighs: Pat dry thighs and lay on non-porous cutting board. Salt and pepper both sides. Lay 3-4 asparagus tips in the center of the thigh. Crumble herbed feta on top of the asparagus. With a zester, zest one lemon and place a small amount of zest on top of the feta.

Fold ends of thighs toward the center. Carefully insert wooden toothpicks on one side and fasten the opposite side.

Brown stuffed thighs: Heat another 1 tablespoon of olive oil in the same non-stick pan over medium high heat (keep any drippings that might be in the skillet.) Place stuffed thighs – flat side down - in the pan and brown for about 3-4 minutes. Using tongs, carefully turn thighs and brown for an additional 2-3 minutes on each side. Place on a plate, cover with foil and make the next batch if necessary.

Cook thighs: When thighs are browned, pour ½ cup chicken broth and 2T butter into the skillet. Remove from heat and place in the oven. Cook for 10-12 minutes.

Prepare dish for serving: Remove from oven and allow thighs to cool slightly in the broth, about 5-6 minutes. Remove the toothpicks. Place thighs on dinner plate and spoon broth over each thigh.