

Creamy Chicken Bake Recipe with Asparagus

PREP TIME 20 minutes mins

COOK TIME 30 minutes mins

TOTAL TIME 50 minutes mins

SERVINGS 6 servings

CALORIES 543 kcal

INGREDIENTS

- 4 tablespoons butter
- 1½ pounds boneless skinless chicken breasts (cut into 1" pieces)
- 1 pound asparagus (cut into 1" to 2" pieces then steamed)
- ¼ cup onion (chopped)
- 8 ounces mushrooms (sliced)
- ½ cup chicken broth
- ¾ cup heavy cream
- ½ teaspoon kosher salt
- ½ teaspoon pepper
- ½ teaspoon dried thyme
- ¼ cup mayonnaise (I used an avocado oil mayonnaise)
- 1 tablespoon dijon mustard
- 1 tablespoon lemon juice
- 1½ cups shredded gouda or swiss cheese (reserve ¼ cup parmesan for the top)
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- - Preheat oven to 375 degrees.
 - Place asparagus pieces in a microwave-safe dish with ¼ cup water. Cover and steam for 3 minutes or until tender. Drain and set aside.

- In a 12" skillet, melt butter over medium-high heat. Add chicken cook for 3 to 4 minutes, turn after it starts to turn brown. Continue cooking until done, about 3 to 4 more minutes.
- Remove chicken and place in a greased casserole dish. Top with the steamed asparagus. Cover and keep warm.
- Add onions and mushrooms to the skillet. Sautee until tender.
- Reduce heat to medium and add broth, cream, salt, pepper, thyme, dijon, mayonnaise, and lemon juice. Whisk together and bring to a simmer.
- Stirring frequently, cook until sauce is reduced and starts to thicken about 8 to 10 minutes.
- Pour the mixture over the casserole. Stir in cheese.
- Sprinkle the top with the remaining cheeses. Bake for 30 minutes until bubbly and chicken is done.

NOTES

- **VARIATIONS:** broccoli can be substituted for asparagus.
- Garnish with fresh parsley or chives. Season with salt and pepper to taste.

NUTRITION

Serving: 1gCalories: 543kcalCarbohydrates: 12gProtein: 49gFat: 34gSaturated Fat: 15gPolyunsaturated Fat: 16gCholesterol: 173mgSodium: 1026mgFiber: 3gSugar: 4g