

Spring Vegetable Chicken Roll Ups

An easy to make healthy dinner with fresh spring vegetables and a tangy lemon butter sauce.



Prep Time: 10 minutes

INGREDIENTS

Yield: 4 servings

Chicken

- 1 lb. chicken breast, thinly sliced
- 4-5 rainbow carrots, sliced thin
- 1 bunch scallions, if thin can remain whole
- 1 bunch asparagus, if thin can remain whole
- 1/2 cup olive oil divided to be used on chicken breast and in sauté pan
- 2 garlic cloves, crushed
- 1/2 tsp. sea salt
- 1/2 tsp. freshly ground pepper
- Toothpicks to secure chicken roll
- 3/4 cup chicken broth

Lemon Butter Sauce

- 2 tablespoon butter
- 2 garlic cloves, crushed
- 2 tablespoons all purpose flour
- 2 cups chicken broth
- 1 lemon (zest and juice)
- Flat leaf parsley for garnish

Cook time: 30 minutes

PREPARATION

Chicken

- Preheat oven to 400 degrees.
- If asparagus and scallions are thin, they can remain whole, otherwise thinly slice. They should be about the same size, like the scallions.
- Thinly slice chicken breasts. Mix olive oil, garlic, salt and pepper.
- Using one piece of chicken breast at a time, brush with olive oil mixture on both sides. Next, place a bunch of the vegetables on top, roll up and secure with a toothpick.
- Heat 2 tablespoons olive oil in a sauté pan. Add the rolled up chicken breasts and brown for 3-4 minutes on each side. Add 3/4 cup chicken broth, cover pan with aluminum foil and place pan in 400 degree oven for 10-15 minutes until chicken is cooked to 165 degrees and vegetables are tender.
- While chicken is in the oven, prepare the lemon butter sauce.

Lemon Butter Sauce

- Melt butter in medium saucepan over medium heat and add the garlic. Sauté for 30 seconds, then whisk in flour, forming a roux. Cook for 2-3 minutes, stirring continuously.
- Gradually add chicken broth, whisking as you pour to prevent lumps.
- Next add lemon zest and juice. Bring to a boil then allow to simmer for 5 minutes until slightly thickened. Season with salt and pepper.
- Place chicken roll on plate, cover with lemon sauce, garnish with chopped parsley.

Nutrition and Recipes created by Paula Montagna, MS, RD, CDN, CNSC, Director of Clinical Nutrition at Stony Brook Southampton Hospital



Stony Brook
Southampton Hospital