Chicken and Asparagus with Miso Honey Glaze

Preparation time 45 minutes

Makes 6 servings

Adapted from Yossy Arefi, NYT Cooking

Ingredients

- 3 lbs skin-on, bone-in chicken thighs
- 2 bunches asparagus (tough ends trimmed)
- 1 tablespoon olive oil
- Pinch salt and pepper

Miso Honey Glaze

- 3 Tbsp white miso
- 1 Tbsp honey, sugar or agave
- 1 Tbsp vinegar (rice vinegar is nice)
- 2 Tbsp reduced sodium soy sauce or tamari
- 2 tsp finely minced garlic
- 2 tsp finely grated fresh ginger
- 1 tbsp neutral flavored oil (light olive oil works well)
- Optional: 2 tsp siracha or other chili garlic sauce

Directions

1. Preheat oven to 400 degrees and prepare 2 sheet pans with parchment paper for easier clean up.
2. Whisk together the miso honey glaze ingredients and set half of the glaze aside in a separate container for serving.
3. Trim excess fat from chicken thighs, leaving just enough skin to cover the top surface.

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Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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4. Toss the chicken with the other half of the glaze
5. Toss asparagus with 1 tbsp olive oil, pinch of salt and grinding of black pepper
6. Distribute the chicken and asparagus between the 2 sheet pans and roast on 400 (use convection if your oven has this feature) for 15-20 minutes. Once chicken is cooked through, broil for a few minutes to crisp the skin.

Nutrition

- Serving Size: 1 thigh (or 2 small thighs), 3/4 cup asparagus
- Calories 400, Carbs 11g, Added sugar 2g, Fiber 3g, Sodium 660 mg
- Fat 23g, Saturated fat 2g, Protein 39g

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org