

## Mississippi Mirth One Pan Wonders

By Jim McCaffrey • Originally published in the Fall 2014 Inspire(d) Magazine

### Mediterranean Chicken Pasta

¼ cup olive oil  
2 large chicken breasts (cut into 1" chunks)  
Salt and pepper  
4 cloves garlic, minced  
3 cups chicken broth  
15 oz can quartered artichoke hearts (cut in half)  
Pinch of red chili pepper flakes  
½ lb penne pasta  
2 Tbl lemon juice  
2 Tbl drained capers  
1 cup cherry tomatoes (halved)  
1 cup parmesan cheese  
½ cup chopped fresh basil

Heat oil in a large nonstick skillet over medium heat. Salt and pepper chicken. Sauté until golden brown, 2-3 minutes. Do not cook too thoroughly. Add garlic and sauté 30 seconds more. Add chicken broth, artichoke hearts, red pepper flakes, ½ tsp salt and pepper and bring to a boil. Add pasta and make sure it is all covered with broth. Place a lid on top and turn heat down to medium. Simmer for 2 minutes less than package directs. Remove lid and add lemon juice, capers, and tomatoes. Turn heat to high for 2-3 minutes to reduce sauce. Remove from heat and add in parmesan cheese and basil. Let set 2-3 minutes to thicken before serving.

### Lemony Asparagus and Shrimp Risotto

5 cups chicken broth  
¾ lb asparagus, trimmed (Cut into 1 inch pieces)  
Extra virgin olive oil  
1 small onion, diced fine  
4 Tbl unsalted butter, divided  
1 ¼ cups Arborio rice  
¼ cup dry white wine  
¾ lb medium shrimp (peeled and de-veined)  
3 Tbl lemon juice  
¼ cup grated parmesan  
2 Tbl chopped parsley

Bring broth to a simmer in a medium saucepan. Spread asparagus out on a rimmed baking sheet, drizzle with olive oil and set under broiler at high heat for 4-5 minutes. Be careful not to burn. Set aside. Sauté onion in 2 Tbl butter in a 4-quart heavy saucepan for 5 minutes over medium heat. Stir occasionally. Add rice and cook, stirring constantly for 1 minute. Add wine and continue stirring until absorbed. Add ½ cup of broth and briskly simmer, stirring often, until absorbed. Keep adding broth ½ cup at a time letting each addition be absorbed before adding the next, until rice is creamy and tender but still a little al dente (about 18 minutes). There will be leftover broth. Stir in shrimp and cook until pink (2-3 Minutes). Add asparagus, butter, lemon juice, parmesan, parsley, and salt and pepper to taste.