

Chicken Supremes

with Sautéed Ramps, Sugar Snap Peas and Mashed Sweet Potatoes

We officially have a cure for winter. This thoroughly springy dish uses ramps, also known as wild leeks, a delicious vegetable with a strong, garlicky aroma and mild, onion-like flavor. In certain parts of the Eastern U.S. and Appalachia, spring is celebrated with the arrival of the ramp. Some believe it to be a wonder tonic that bolsters health and wards off all kinds of ailments.



Ingredients

- 6 Ounces Sugar Snap Peas
- 2 Cloves Garlic
- 1 Bunch Ramps
- 1 Lemon
- 2 Sweet Potatoes
- 2 Chicken Supremes
(Bone-In, Skin-On Breasts)
- 1 Bunch Lemon Thyme
- 2 Tablespoon Butter

Makes 2 Servings
About 535 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Trim off and discard the ends of the snap peas then slice each pea in half on an angle. Peel and thinly slice the garlic. Trim off and discard the roots of the ramps. If any dirt is noticeable, wash the ramps again until clean; roughly chop the remaining white bottoms and green leaves. Cut the lemon into quarters and remove the seeds. Peel and cut the sweet potatoes into large pieces.



Cook the sweet potatoes:

Once the water is boiling, add the **sweet potatoes** and cook 14 to 16 minutes, or until very tender when pierced with a fork. Drain thoroughly and return to the pot. Add **half the butter** (save the rest for the chicken) and a drizzle of olive oil then, using a fork, mash the sweet potatoes until smooth; season with salt and pepper to taste. Set aside in a warm place.



Start the chicken:

While the sweet potatoes cook, pat the **chicken** dry with paper towels, then season both sides with salt and pepper. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **seasoned chicken**, skin side down first, and loosely cover the pan with aluminum foil. Cook 4 to 6 minutes on the first side, or until browned.



Finish the chicken:

Flip the chicken and cook 4 to 6 minutes, or until browned and cooked through. Turn off the heat and add the **garlic, remaining butter** and **lemon thyme sprigs**. Once the butter has melted, spoon the butter sauce over the chicken until thoroughly coated. Transfer the cooked chicken to a plate. Remove and discard the thyme sprigs, leaving the garlic and any drippings in the pan.



Cook the ramps & sugar snap peas:

Add 2 teaspoons of olive oil to the pan of garlic and drippings and heat on medium until hot. Add the **ramps** and cook, stirring frequently, 30 seconds to 1 minute, or until fragrant and slightly softened. Add the **sugar snap peas** and cook, stirring occasionally, 2 to 3 minutes, or until bright green and slightly tender; season with salt and pepper to taste.



Plate your dish:

Slice the chicken breasts crosswise on an angle. Divide the **mashed sweet potatoes** and **sautéed vegetables** between 2 plates. Top each plate with **the juice of 1 lemon wedge** and a drizzle of olive oil. Garnish with the **remaining lemon wedges**. Enjoy!