

## Chicken

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# Blackberry Chicken

Taste of Home April 2008

**Servings: 6**

**Preparation Time: 20 minutes**

**Bake Time: 20 minutes**

**2 tablespoons fresh blackberries**  
**1/2 cup fresh blackberries**  
**1/2 cup reduced-sodium chicken broth, divided**  
**2 tablespoons brown sugar**  
**2 tablespoons white wine vinegar**  
**1 teaspoon olive oil**  
**2 garlic cloves, minced**  
**3/4 teaspoon paprika, divided**  
**1/4 teaspoon ground cumin**  
**6 boneless skinless chicken breast halves (5 oz each)**  
**4 1/2 teaspoons minced fresh thyme**  
**1/2 teaspoon salt**  
**1/4 teaspoon pepper**  
**2 teaspoons cornstarch**

Preheat oven to 375 degrees.

In a small bowl, mash 2 tablespoons of berries. Add 1/4 cup broth, brown sugar, vinegar, oil, garlic, 1/4 teaspoon paprika and cumin.

Place chicken in an 11-in x 7-in x 2-in baking dish coated with cooking spray; pour broth mixture over the top. Sprinkle with thyme, salt, pepper and remaining paprika.

Bake, uncovered, for 20-25 minutes or until chicken juices run clear, basting occasionally with pan juices. Remove chicken and keep warm.

Skim fat from pan drippings. In a small saucepan, combine cornstarch and remaining broth until smooth. Gradually stir in drippings. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve with chicken; sprinkle with remaining blackberries.

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Per Serving (excluding unknown items): 26 Calories; 1g Fat (27.2% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 179mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat; 0 Other Carbohydrates.