

Chicken

Chicken Paillard with Cherry Sauce & Parsley

Rice

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Servings: 4

Preparation Time: 20 minutes

Cook time: 20 minutes

3 1/4 cups chicken stock, divided

1 1/2 cups basmati rice, uncooked

4 4-ounce boneless/ skinless chicken breast halves

1/2 teaspoon sea salt

1/4 teaspoon pepper

1 1/2 teaspoons olive oil

1/2 cup (one small) sweet onion, finely chopped

3 tablespoons butter, divided

1 clove garlic, minced

3/4 cup dried tart cherries

1/3 cup balsamic vinegar

3 tablespoons tawny port wine

1/4 teaspoon Dijon mustard

1/3 cup fresh parsley, minced

In a large saucepan, bring 2 1/4 cups of the chicken stock and the rice to a boil. Reduce the heat. Cover and simmer for about 15 to 20 minutes or until the liquid is absorbed and the rice is tender.

Meanwhile, pound the chicken with a meat mallet to 1/4-inch thickness. Sprinkle with salt and pepper.

In a large skillet, cook the chicken in oil over medium heat for 4 to 5 minutes on each side or until no longer pink. Remove and keep warm.

In the same skillet, cook and stir the onion in one tablespoon of the butter over medium-high heat for 1 to 2 minutes or until tender.

Add the garlic. Cook for 1 minute longer.

Add the cherries, vinegar, wine and the remaining stock, stirring to loosen the browned bits from the pan. Bring to a boil. Cook until the liquid is reduced by half and the dried cherries are plump, about 6 minutes. Stir in the mustard.

Fluff the rice. Stir in the parsley and remaining butter.

Serve with the chicken and the sauce.

Per Serving (excluding unknown items): 442 Calories; 12g Fat (25.4% calories from fat); 8g Protein; 74g Carbohydrate; 2g Dietary Fiber; 23mg Cholesterol; 2124mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 2 Fat; 0 Other Carbohydrates.