

Chicken

Chicken Veronique

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Servings: 6

Preparation Time: 15 minutes

Cook time: 20 minutes

6 4-ounce boneless/ skinless chicken breast halves
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
4 teaspoons butter
2/3 cup white wine OR reduced-sodium chicken broth
2 tablespoons orange marmalade spreadable fruit
3/4 teaspoon dried tarragon
2 teaspoons all-purpose flour
1/2 cup half-and-half cream
1 1/2 cups green grapes, halved

Sprinkle the chicken with salt and nutmeg.

In a large nonstick skillet coated with cooking spray, cook the chicken in butter over medium heat for 3 to 5 minutes on each side or until lightly browned.

In a small bowl, combine the wine, marmalade and tarragon. Add to the skillet. Bring to a boil. Reduce heat; cover and simmer for 7 to 11 minutes or until juices run clear. Remove the chicken and keep warm.

In a bowl, combine the flour and cream until smooth. Gradually stir the mixture into the skillet. Bring to a boil; cook 2 minutes longer or until thickened. Stir in the grapes and heat through. Serve over the chicken.

Per Serving (excluding unknown items): 42 Calories; 3g Fat (53.1% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 115mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Fat.