

Chicken

Chicken and Sweet Potato Croquettes with Red Pepper Relish

Palm Beach Post

Servings: 4

FOR THE RELISH

1 jar (12 oz) roasted red peppers, drained and diced
3 tablespoons fresh oregano, chopped
2 teaspoons fresh thyme, chopped
3 tablespoons hot pepper jelly
pinch salt
1 scallion, thinly sliced

FOR THE CROQUETTES

1 teaspoon canola oil
1 cup uncook sweet potato, shredded
1/2 cup yellow onion, finely chopped
1/2 cup red bell pepper, finely chopped
2 cups cooked chicken or turkey breast, chopped
2 teaspoons lemon juice
1/4 teaspoon dried oregano
1/4 teaspoon dried thyme
1/2 teaspoon salt
1/4 teaspoon ground black pepper
2 large egg whites
1/4 cup reduced fat sour cream
1/2 cup plain bread crumbs

To prepare the relish, in a small bowl, whisk together the red peppers, oregano, thyme, jelly, salt and scallions. Set aside.

To prepare the croquettes, in a large nonstick skillet heat the oil over high heat. Add the sweet potato, onion and red bell pepper. Saute' until the vegetables are tender, about 5 minutes. Transfer the vegetable mixture to a large bowl. Wipe out the skillet and set aside.

Add the chicken, lemon juice, oregano, tyme, salt and pepper; then stir to combine. Add the egg whites and sour crea, then stir again.

Place the bread crumbs in a shallow dish. Divide the chicken mixture into 12 balls, using about two heaping teaspoons per ball. Roll the balls in the breadcrumbs to coat.

Return the skillet to medium-high heat and coat with cooking spray. When the pan is hot, add six of the balls, flattening them into patties with a spatula. Cook until golden brown on both sides, 3 to 4 minutes per side.

Transfer the croquettes to a serving platter and cover with foil to keep warm. Coat the skillet with additional cooking spray; then repeat with the remaining balls. Serve with the red pepper relish.

Per Serving (excluding unknown items): 39 Calories; 1g Fat (28.1% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 296mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.