

Chicken

Chicken with Figs and Blue Cheese

Family Circle Magazine

Servings: 6

Preparation Time: 20 minutes

Cook time: 5 hours

Cook Time: HIGH - 2 hours; LOW - 5 hours

1 1/2 cups low-sodium chicken broth
1/4 cup balsamic vinegar
1 tablespoon grated orange zest
3/4 teaspoon salt
1/2 teaspoon black pepper
1 pkg (8 oz) dried mission figs, stems removed
2 tablespoons vegetable oil
2 pounds boneless, skinless chicken thighs
1 large onion, thinly sliced
2 tablespoons flour
1 tube (16 oz) prepared polenta
2/3 cup crumbled blue cheese

In a small bowl, stir together broth, vinegar, orange zest and 1/4 teaspoon each of salt and pepper; set aside.

Coarsely chop figs.

Heat oil in a large nonstick skillet over medium-high heat. Add chicken to skillet and cook 5 minutes per side or until browned. Remove chicken to slow cooker and add onion to skillet. Sprinkle with 1/4 teaspoon each salt and pepper and cook, stirring often, for 2 minutes. Stir in flour and cook 1 minute. Pour in broth mixture and bring to a boil. Pour skillet contents into slow cooker and add figs.

Cover and cook on HIGH for 2 hours or LOW for 5 hours.

Meanwhile, prepare polenta following package directions. Sprinkle remaining 1/4 teaspoon salt into chicken mixture. Serve polenta with chicken and fig mixture; divide blue cheese among servings.

Per Serving (excluding unknown items): 124 Calories; 9g Fat (62.1% calories from fat); 7g Protein; 6g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 510mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.