

Chicken

Chicken with Shallot Sauce

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Servings: 4

Preparation Time: 10 minutes

Cook time: 50 minutes

6 bacon strips, chopped

1 3 to 4 pound broiler/fryer chicken, cut up

1/2 teaspoon salt

1/2 teaspoon pepper

10 shallots, thinly sliced

1 cup water

1 whole garlic bulb, cloves separated and peeled

1/2 cup balsamic vinegar

In a large skillet, cook the bacon over medium heat until crisp.

Remove to paper towels with a slotted spoon. Drain, reserving two tablespoons of drippings.

Sprinkle the chicken with salt and pepper. Brown the chicken in the bacon drippings. Remove and keep warm.

Add the shallots. Cook and stir until tender.

Stir in the water and garlic.

Return the chicken to the pan.

Bring to a boil. Reduce heat, cover and simmer for 50 to 60 minutes or until the chicken is tender.

Remove the chicken to a serving platter and keep warm.

Skim the fat from the cooking juices.

Mash the garlic and add the vinegar.

Bring the liquid to a boil. Cook until slightly thickened. Spoon over the chicken.

Sprinkle with the reserved bacon.

Per Serving (excluding unknown items): 93 Calories; 5g Fat (43.4% calories from fat); 4g Protein; 10g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 425mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat.