

Chicken

Raspberry Ginger Chicken

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

1 1/4 pounds chicken breast tenders
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons olive oil
1 small onion, sliced
2 cups baby carrots, sliced
2 cups broccoli florets
1 tablespoon seedless raspberry jam
1 tablespoon white-wine vinegar
1 tablespoon water
1 tablespoon soy sauce
1 teaspoon ground ginger

Season the chicken tenders with salt and pepper.

In a large nonstick skillet, heat the oil over medium for 30 seconds. Add the onion and carrots and saute' for 8 minutes, turning occasionally, until the chicken is fully cooked. Remove the chicken and vegetables to a large plate.

In the same skillet, combine the jam, vinegar, water, soy sauce and ginger.

Whisk over low heat for 2 minutes.

Add the chicken and vegetables and stir.

Cook on low until the chicken is very hot.

Top with the tarragon, if desired.

Per Serving (excluding unknown items): 130 Calories; 8g Fat (49.5% calories from fat); 3g Protein; 15g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 843mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 1 1/2 Fat.