
Cran-Raisin Barbecue Sauce Over Chicken

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Servings: 4

Start to Finish Time: 10 minutes

3 tablespoons extra-virgin olive oil

4 boneless/ skinless chicken breasts

salt

freshly ground black pepper

2 slices bacon, chopped

1 small red onion, chopped

2 tablespoons Worcestershire sauce

2 tablespoons brown sugar

2 tablespoons apple cider vinegar

1/4 cup maple syrup

zest of one large navel orange

juice of one large navel orange

1/4 cup golden or black raisins, chopped

2 tablespoons brandy or orange liqueur (such as Grand Marnier) (optional)

1 cup prepared fresh or canned whole berry cranberry sauce

Preheat the oven to 400 degrees.

Place a large oven-safe skillet, with two tablespoons of the olive oil, over medium-high heat with two turns of the pan. Season the chicken breasts with salt and pepper. Place into the hot skillet. Cook until golden brown on each side, 4 to 5 minutes. Then transfer to the oven to finish cooking, 4 to 5 minutes more.

While the chicken is working, place a medium-size skillet over medium heat with one turn of the pan with one tablespoon of olive oil. Add the bacon to the pan and cook until golden brown and crispy, 4 to 5 minutes. Remove the cooked bacon from the pan and reserve.

Add the onion to the same pan and cook until tender, 4 to 5 minutes. Add the Worcestershire sauce, brown sugar, cider vinegar, maple syrup, orange juice, orange zest, raisins, brandy and cranberry sauce to the pan. Season with salt and pepper and bring to a simmer. Cook the sauce until thickened and the raisins have plumped up, 2 to 3 minutes.

Serve the sauce warm over the chicken breasts.

Yield: 1 tablespoon

Beverages, Chicken

Per Serving (excluding unknown items): 697 Calories; 39g Fat (50.6% calories from fat); 62g Protein; 23g Carbohydrate; 1g Dietary Fiber; 188mg Cholesterol; 312mg Sodium. Exchanges: 9 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 1 1/2 Other Carbohydrates.