

SPOTLIGHT RECIPE



Thompson
DeLight

Recipes under 450 calories

Creamy Braised Chicken

- In a Dutch oven or large kettle, bring 6 cups water to a boil. Add the pearl onions; boil for 3 minutes. Drain and rinse in cold water; peel and set aside. In the same pan, sauté the sliced onion, carrot and celery in 1 tablespoon of butter until tender. Remove the vegetables; set aside.
- Add the chicken to a pan; brown on both sides. Remove and keep warm. Add the wine; simmer until reduced to 1/2 cup. Stir in the broth and seasonings. Return the chicken to the pan; cover and simmer for 5 minutes or until the juices run clear. Remove the chicken to a serving platter; keep warm.
- Combine the flour and the milk until smooth; gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Return the vegetables to the pan. Remove from the heat; cover and set aside.
- In a nonstick skillet, sauté the reserved pearl onions in the remaining butter until tender. Remove and set aside. In the same pan, sauté the mushrooms until tender. Add the onions and mushrooms to the serving platter. Remove the bay leaf from the sauce, and then spoon the sauce over the chicken and the vegetables.

Ingredients

Makes 6 servings

- 1/2 pound pearl onions
- 1 cup onion, sliced thin
- 1/2 cup carrot, sliced thin
- 1/2 cup celery, sliced thin
- 1 tablespoon plus 2 teaspoons butter, divided
- 6 boneless skinless chicken breast halves, 4 ounces each
- 1 cup chardonnay or other dry white wine or reduced-sodium chicken broth
- 1 1/3 cups reduced-sodium chicken broth
- 1 tablespoon fresh parsley, minced
- 1 teaspoon salt
- 1 teaspoon dried thyme
- 1/8 teaspoon white pepper
- 1 bay leaf
- 3 tablespoons all-purpose flour
- 1/2 cup fat-free evaporated milk
- 1/2 pound fresh mushrooms, quartered

