

Chicken

Cranberry-Glazed Chicken

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 15 minutes

4 4-ounce skinless/ boneless chicken breasts

1/2 cup Heinz Tomato Ketchup

1/2 cup canned cranberry sauce

1 teaspoon granulated sugar

1/4 teaspoon ground allspice

1 tablespoon vegetable oil

Flatten the chicken breasts by placing the meat between two pieces of plastic wrap. Starting in the center, pound the chicken with a mallet or rolling pin to an even thickness.

In a bowl, thoroughly combine the ketchup, cranberry sauce, sugar and allspice.

In a large skillet over medium-high heat, heat the oil. Brown the chicken for 2 minutes on each side. Reduce heat.

Pour the sauce over the chicken in the skillet. Cover and simmer for 4 minutes, stirring occasionally.

Turn the chicken. Simmer an additional 5 minutes or until the chicken reaches an internal temperature of 165 degrees or is cooked through.

Per Serving (excluding unknown items): 34 Calories; 3g Fat (87.1% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat; 0 Other Carbohydrates.