

Blueberry-Dijon Chicken

*Susan Marshall - Colorado Springs, CO
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Servings: 4

*4 (6 ounce ea) boneless/
skinless chicken breast
halves
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon butter
1/2 cup blueberry preserves
1/3 cup raspberry vinegar
1/4 cup fresh or frozen
blueberries
3 tablespoons Dijon
mustard
fresh basil or tarragon
(optional), minced*

Sprinkle the chicken with salt and pepper.

In a large skillet, cook the chicken in butter over medium heat until a thermometer reads 165 degrees, 6 to 8 minutes on each side. Remove and keep warm.

In the same skillet, combine the preserves, vinegar, blueberries and mustard, stirring to loosen browned bits from the pan. Bring to a boil. Cook and stir until thickened. Serve with the chicken. Sprinkle with basil, if desired.

Per Serving (excluding unknown items): 37 Calories; 3g Fat (74.9% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 304mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.