

Chicken

Blueberry-Dijon Chicken

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Servings: 4

4 6-ounce boneless/ skinless chicken breasts
salt and 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
minced basil (if desired)

Sprinkle the chicken breasts with salt and pepper to taste.

In a large skillet over medium heat, cook the chicken in the butter for 6 to 8 minutes on each side or until a thermometer reads 170 degrees. Remove and keep warm.

In the skillet, combine the blueberry preserves, raspberry vinegar, blueberries and Dijon mustard. Bring to a boil, Cook and stir until thickened.

Serve with the chicken.

Sprinkle with minced fresh basil, if desired.

Per Serving (excluding unknown items): 37 Calories; 3g Fat (75.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 170mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.