



CHICKEN WITH PRUNE SAUCE AND BRAISED TURNIPS **Basic Lifestyle**

Ingredients for Chicken

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| 1/4 TSP Morton's Lite salt | 1/2 cup coarsely chopped green onions |
| 1/4 TSP pepper | 4 cups water |
| 8 (4-ounce) skinned, boned chicken breast halves | 1 TBS chopped fresh parsley |
| 2 TSP olive oil | 1 TBS chopped fresh cilantro |

Instructions

1. Sprinkle salt and pepper over chicken. Set aside. Heat oil in a large nonstick skillet over medium-high heat. Add green onions, and sauté until tender.
2. Add chicken. Cook 3 minutes on each side or until browned. Add water, parsley, and cilantro. Bring to a boil. Cover, reduce heat, and simmer 35 minutes or until chicken is done.
3. Remove chicken from skillet. Set aside. Keep warm. Reserve 3 cups cooking liquid from skillet for Braised Turnips and Prune Sauce.

Ingredients for Braised Turnips

- 2 cups cooking liquid (reserved from chicken)
- 1 TBS Splenda
- 1/8 TSP Morton's Lite salt
- 1/8 TSP pepper
- 8 small turnips, peeled and quartered

Instructions for Braised Turnips

Combine all ingredients except turnips in a large, nonstick skillet, and bring to a boil. Add turnips. Cover. Reduce heat to medium-low. Cook 25 Minutes or until tender. Drain.

Ingredients for Prune Sauce

- 1 cup Concord grape kosher wine
- 20 pitted prunes (about 6 ounces)
- 1 cup cooking liquid (reserved from chicken)
- 1 TBS honey
- Dash of ground cinnamon

Instructions for Prune Sauce

Combine wine and prunes in a small saucepan, bring to boil. Cover, reduce heat, simmer 20 minutes or until tender. Place prune mixture in a food processor blender; process until smooth. Add cooking liquid, honey, and cinnamon. Process until blended.

Portion-Per-Serving Information (Yields 8 servings):

Serving = 1 chicken breast half, 4 turnip quarters, 3 TBS prune sauce = 1 P, 1 V, 1 FR