

# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



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WeightNoMoreDC



## CAMELIZED ONION CHICKEN

Intermediate Lifestyle

### Ingredients

- 1 pound chicken breast tenders
- ½ TSP Morton's Lite salt
- 1/4 TSP freshly ground black pepper
- 1 TSP olive oil
- ½ cup sliced onion
- ½ cup seedless raspberry jam
- 1 TBS red wine vinegar
- 1 TBS low-sodium soy sauce\*
- 1 TSP bottled minced ginger
- ½ TSP dried rosemary

### Instructions

1. Sprinkle chicken with salt and pepper.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion, and sauté 2 minutes.
3. Add chicken to pan. Sauté 8 minutes or until chicken is done.
4. Remove onion and chicken from pan.
5. Add jam and remaining ingredients to pan. Cook 2 minutes, stirring constantly with a whisk.
6. Return chicken mixture. To pan. Cook 4 minutes, stirring constantly.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = 4 oz. chicken + 1 TBS sauce = 1 P, ½ FT

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\*We recommend you substitute the low-sodium soy sauce with Bragg's Liquid Aminos (which you can get at any health food store and which tastes just like soy sauce); 1 TSP = 220 mg. sodium vs. lite soy sauce which = 575 mg. sodium.