



CHICKEN WITH ROASTED PEARS AND WILD RICE Final Lifestyle

Ingredients:

2-1/2 cups uncooked long grain wild rice
2-1/2 cups apple juice
2-1/2 cups low-salt chicken broth (from a can is OK)
1 TBS olive oil
2 lbs. skinned, boned chicken breast, cut into bite-size pieces
1 cup sliced green onions
4 small, firm ripe Bosc pears (about 1-1/2 lbs.), cored and cut lengthwise into 1/2" thick slices
cooking spray
1 cup dried cranberries
1 TBS sugar substitute
3/4 TSP Morton's "lite" Salt
3/4 to 1 TSP ground cinnamon

Instructions

1. Combine the first 3 ingredients in a large saucepan and bring to a boil. Cover, reduce heat and simmer rice mixture for 20 minutes.
2. Heat oil in a large skillet over medium-high heat. Add chicken and onions. Sauté 8 minutes or until chicken is done.
3. Preheat oven to 450°.
4. Arrange pear slices in a single layer on baking sheets coated with cooking spray. Bake pear slices for 10 minutes or until tender.
5. Combine rice mixture, chicken mixture, pears, cranberries, sugar substitute, salt and cinnamon in a large bowl. Toss gently.

Portion-Per-Serving Information (Yields 8 servings)

Serving = 1-1/2 cups = 1 PR, 1 V, 1 FR, 1 GR