



CARAMELIZED ONION CHICKEN

Intermediate Lifestyle

INGREDIENTS

- 1 pound chicken breast tenders
- ½ TSP Morton's Lite salt
- ¼ 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 (or Bragg's Liquid Aminos)
- 1 TSP bottled minced ginger
- ½ TSP dried rosemary

INSTRUCTIONS

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

SERVING INFO: (Serves 4)

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