

# Cranberry Dijon Chicken Breast



Chicken Breast served with Cranberry-Dijon-Caramelized Onion Sauce. A delicious version of Catalina Chicken.



Smart Cuisine, Heart Smart, and Sodium Smart recipe.

Ingredients:	Instructions:
<p><u>Caramelized onions:</u>                      2 tsp Olive Oil                      8 oz yellow onion, sliced ½ “                      1.5 tsp fresh garlic, chopped                      2 tsp Balsamic Vinegar                      ⅛ tsp salt                      ⅛ tsp ground pepper.</p>	<p>Heat oil in a sauté pan. Add onion and garlic. Sauté until onion is translucent. Reduce heat to medium and continue stirring onion. Stir in vinegar, salt, and pepper. Reduce heat to low and continue stirring until onion has a light brown color.</p>
<p>4 x 4oz pc or 16 – 20 oz Chicken breasts                      2 tsp vegetable oil                      5.5 oz Cranberry Sauce – whole berry                      1 ⅓ Tbsp Dijon Mustard                      1 Tbsp Light brown sugar                      2 tsp Worcestershire Sauce                      ⅛ tsp salt                      1.5 Tbsp Water                      1 Tbsp Red Wine Vinegar                      1 Tbsp Corn Starch</p>	<p>Combine the caramelized onions, cranberry sauce, mustard, brown sugar, Worcestershire sauce and salt for sauce. Mix well. In a skillet, heat oil. Add chicken and brown for 10 to 15 minutes. Add sauce and cover to simmer for 30 - 40 minutes. Check chicken temperature has reached 165 degrees F. Remove chicken. Combine water, vinegar, and cornstarch. Stir into cranberry mixture. Cook and stir until thick and bubbly. Serve over chicken.</p>

**Nutrition Facts:** 1 serving: 1 pc of 4oz chicken plus sauce: 240 Cal, 5g Total Fat, 1g Sat. Fat, 0g Trans Fat, 85mg Cholesterol, 270mg Sodium, 22g Carbs, <1g Fiber, 14g sugar of which 4g is added sugar, 26g Protein.