

Boysenberry Chicken

Recipe Cookbook: Smucker's® Recipe Collection

Prep Time: 15 minutes Cooking Time: 30 minutes

INGREDIENTS:

1/2 C butter, divided
8 skinless, boneless chicken breasts
1/2 tsp salt
1/4 tsp freshly ground pepper
1/4 tsp ground nutmeg
8 thin slices low salt, sugar free ham
2 C sliced fresh mushrooms
1/2 C minced onion
3 1/3 C low-sodium chicken broth, divided
1 1/2 C Smucker's Sugar-Free Boysenberry (OR Blackberry) Preserves
1/4 C cornstarch
Juice + zest of one lemon (optional)
4 C hot, cooked rice
1/4 C minced fresh parsley

DIRECTIONS:

1. Over medium heat, melt half the butter in large skillet - sauté chicken breasts till browned and thoroughly cooked (about 10 minutes), turning as needed. Season chicken with half the salt, pepper + nutmeg. Set chicken aside and keep warm.
2. Sauté ham in pan with juices from chicken, then set aside with chicken. Add remaining butter to same skillet. Add mushrooms - stir/cook 2 minutes. Add mushrooms to pan with chicken and ham.
3. Into same pan, add onion - cook till tender. Blend in 3 C chicken broth. Cook/stir 5 minutes, season with remaining salt, pepper + nutmeg.
4. In a cup or small bowl, blend cornstarch into remaining chicken broth. Add to sauce - cook/stir till thickened and smooth. Remove from heat and stir in lemon juice + zest (if using) + preserves.
5. To serve, arrange chicken, mushrooms + ham on bed of rice - top with sauce + parsley.

Serves: 8