

CHICKEN WITH BLUE CHEESE AND GRAPES

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving = 1 chicken breast with 1/4 of grape mixture)

Nutrition (per serving)

Calories: 266

Total Fat: 10 g

Saturated Fat: 3 g

Sodium: 370 mg

Total Carbohydrate: 12 g

Dietary Fiber: 1 g

Total Sugars: 9 g

Protein: 26 g



Ingredients

- 4- 4 ounce raw boneless, skinless chicken breasts
- Salt and pepper
- 1 Tablespoon olive oil
- ¼ cup diced shallot
- 1 teaspoon minced garlic
- 1 Tablespoon flour
- ½ cup dry white wine
- ⅓ cup unsalted chicken stock (use gluten free stock or broth for GF version)
- 4 sprigs of rosemary
- 2 cups red grapes, halved
- ¼ cup crumbled blue cheese



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Directions

1. Season chicken breasts on both sides with salt and pepper.
2. In a large non-stick skillet on medium high heat, cook chicken breasts for 4-5 min on each side until browned. Place chicken on a plate and set aside.
3. Add oil to skillet. Sauté onion and garlic for 2-3 minutes.
4. Whisk in flour until blended. Let flour mixture brown 1-2 minutes.
5. Carefully, pour in wine and broth, whisking until smooth.
6. Place rosemary stems in roux. Return chicken to skillet; bring to a boil and cover. Cook chicken for 5-7 min.
7. Remove cover, add grapes and cook an additional 3-4 minutes.
8. Serve topped with blue cheese.



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