

Chicken & Cranberries With Pasta

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COOK with JOHN

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Servings: 6

3/4 Cup Dried Cranberries
1/3 Cup Ruby Port
1 Pound Fettucine
2 Tablespoons Organic
Unsalted Butter
6 Each Shallots, finely minced
1/4 Cup All-purpose Flour
1 Teaspoon Sweet Paprika
1 Teaspoon Fresh Thyme
Leaves, crushed
1/2 Teaspoon Sea Salt
1/2 Teaspoon Cracked Black
Pepper, freshly ground
1 1/2 Pounds Boneless,
Skinless Chicken Breast, cut
into 1 1/2-inch pieces
1 1/4 Cups All-natural Chicken
Stock
Garnish Fresh Parsley, finely
chopped

Combine cranberries and ruby port in a small non-reactive saucepan. Bring to rapid boil then lower heat to a simmer and allow liquid to reduce by half. Remove from heat and let stand.

Cook pasta according to package directions. Meanwhile, melt butter in a large, deep, nonstick skillet. Add shallots; cook over medium heat 5 minutes, stirring occasionally. Combine flour, paprika, thyme, salt and pepper in a stainless steel mixing bowl. Add chicken to bowl and coat completely. Add chicken and any remaining flour mixture to skillet; cook 5 minutes, or until chicken is no longer pink, stirring occasionally. Add chicken stock to skillet; bring to a simmer, stirring occasionally. Simmer uncovered 5 to 6 minutes or until sauce thickens slightly and chicken is cooked through.

Add cranberry & port mixture into sauce and stir until well incorporated. Drain pasta; return to pot. Add chicken mixture, tossing well.

Divide among 6 warmed pasta bowls, dust with fresh cracked pepper and chopped parsley and serve.

Per Serving (excluding unknown items): 472 Calories; 7g Fat (12.8% calories from fat); 39g Protein; 62g Carbohydrate; 2g Dietary Fiber; 76mg Cholesterol; 345mg Sodium. Exchanges: 4 Grain(Starch); 4 Lean Meat; 0 Fruit; 1 Fat.

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