

Spicy Apple-Glazed Chicken over Gorgonzola Grits

So rich in flavor but actually lo-cal!

INGREDIENTS:

4 4oz skinless, boneless chicken breast halves
Cooking spray
¼ cup apple butter
¼ cup spicy brown mustard
¼ tsp. Salt
¼ tsp. Ground red pepper
¼ tsp. Black pepper
Gorgonzola Cheese Grits
2 Tbsp. Chopped green onions

Gorgonzola Cheese Grits

2 14 ½ oz cans fat free chicken broth
¾ cup uncooked quick-cooking grits
1 cup (4oz.) crumbled Gorgonzola cheese
1/3 cup fat-free sour cream
¼ tsp. Ground nutmeg
¼ tsp. fresh ground pepper

METHOD:

1. Preheat oven to 350 F
2. Place each chicken breasts half between 2 sheets of heavy-duty plastic wrap, and flatten to a ½ inch-thickness using a meat mallet or rolling pin. Place the chicken breasts in a baking pan coated with cooking spray.
3. Combine the apple butter, mustard, salt, red pepper, and black pepper, brush over chicken. Bake at 350 F for 20 minutes.
4. To make the grits, bring the broth to a boil in a medium saucepan; gradually add grits, stirring constantly. Reduce heat to low; simmer, uncovered, for 5 minutes or until thick, stirring occasionally. Remove from heat, stir in remaining ingredients for grits.
5. Cut the chick into ½ inch-thick slices. Spoon grits into each of 4 shallow serving bowls. Top with chicken, and sprinkle with green onions.

Yields 4 servings.

From the kitchen of Martha Newport

