

Cranberry Chicken

Preheat the oven to 375 degrees. Lightly coat an 11x7 inch baking pan with canola oil spray. In a medium bowl, whisk together the oil, mustard, salt, and pepper. Transfer half the mixture to a small cup or bowl and set aside. Brush the remaining mixture on the chicken pieces, coating all sides. Discard any of this mixture not used on the chicken. Place the chicken in the prepared pan. Roast the chicken for 10 to 15 minutes on each side, until cooked through, turning once. Remove the chicken from the oven. Meanwhile, in a microwave-safe bowl, whisk the cranberry relish, scallions, and vinegar with the reserved mustard mixture. Heat in a microwave oven on high for 30 seconds or until warm. Season to taste with salt and pepper. Spoon the warm sauce over the chicken and serve.

- 2 T Canola oil spray
- 2 T extra-virgin olive oil
- 1/2 t Dijon mustard
- 1/2 t salt, or to taste
- 1/2 t freshly ground black pepper, or to taste
- 4 3-oz. skinless, boneless chicken breast halves
- 3/4 C cranberry relish, chutney, or whole berry sauce
- 1 T finely minced scallions, trimmed
- 1 T red wine vinegar


a fare
OF THE HEART

Heart Healthy Recipe
Because MHS s You

There are many ways to liven up chicken breast, but serving it with a sweet and tangy cranberry relish is one of the easiest and most nutritious. Several different phytochemicals found in cranberries are now being studied for their antioxidant properties and have been linked to lower risk of chronic disease.

Makes 4 servings/per serving:

Calories	347
Total Fat	9g
Saturated fat	1g
Carbohydrates	49g
Protein	21g
Dietary Fiber	1g
Sodium	569mg


METHODIST
HEALTH SYSTEM

The meaning of care.™

Reprinted with permission from the New American Cookbook