



Red wine poached chicken

Ingredients:

- 1/3 cup reduced-sodium chicken broth
- 1/4 cup water
- 1/4 cup red wine, such as burgundy or cabernet
- 2 teaspoons tarragon
- 2 boneless skinless chicken breasts (approximately 8 oz total)
- 3/4 teaspoon cornstarch, dissolved in 3/4 teaspoon water

Serves 2

Preparation:

Bring chicken broth, wine and tarragon to a boil in a large (non-aluminum) saucepan. Reduce heat to low. Add chicken breasts and simmer 15-20 minutes, until chicken is cooked through but still moist and tender. Transfer chicken to serving plate using a slotted spoon and keep warm. Reserve liquid. Stir dissolved cornstarch into the liquid. Bring to a boil, stirring constantly with a whisk. Continue cooking and stirring until sauce thickens. Season with pepper to taste. Pour over chicken breasts and serve.

Nutrition information per serving: Calories 248, Fat 8.4 g, Saturated fat 2.3 g, Sodium 111mg, Carbohydrate 2.2 g, Fiber 0.1 g, Protein 33.3 g