

FOOD

Chicken with Brussels Sprouts and Mustard Sauce

A zesty mustard sauce dresses chicken breasts and sautéed Brussels sprouts. Serves 4.

Ingredients:

- 2 tablespoons olive oil, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- 3/8 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup fat-free, lower-sodium chicken broth, divided
- 1/4 cup unfiltered apple cider
- 2 tablespoons whole-grain Dijon mustard
- 2 tablespoons butter, divided
- 1 tablespoon chopped fresh flat-leaf parsley
- 12 ounces Brussels sprouts, trimmed and halved

Preparation:

1. Preheat oven to 450°.
2. Heat a large ovenproof skillet over high heat. Add 1 tablespoon oil. Sprinkle chicken with 1/4 teaspoon salt and pepper; add to pan. Cook 3 minutes or until browned. Turn chicken; place pan in oven. Bake at 450° for 9 minutes or until done. Remove chicken from pan; keep warm. Heat pan over medium-high heat. Add 1/2 cup broth and cider; bring to a boil, scraping pan to loosen browned bits. Reduce



heat to medium-low; simmer 4 minutes or until thickened. Whisk in mustard, 1 tablespoon butter, and parsley.

3. Heat remaining 1 tablespoon oil and 1 tablespoon butter in a large nonstick skillet over medium-high heat. Add Brussels sprouts; sauté 2 minutes or until lightly browned.

4. Add remaining 1/8 teaspoon salt and 1/4 cup broth to pan; cover and cook 4 minutes or until crisp-tender.

5. Serve sprouts with chicken and sauce.

Butter-Pecan Mashed Sweet Potatoes

A great side for a fall meal, makes about four servings.

Ingredients:

- 4 sweet potatoes (about 2 pounds)
- 1 1/2 tablespoons butter
- 2 tablespoons almond milk
- 1/4 teaspoon salt
- 1/4 cup chopped pecans, toasted



Preparation:

1. Pierce each potato with a fork 3 to 4 times on each side. Wrap each potato in a damp paper towel. Microwave at HIGH 8 minutes, turning after 4 minutes. Cool slightly. Cut potatoes in half; scoop pulp into a bowl. Mash pulp.

2. Heat butter in a small saucepan over medium heat; cook 3 minutes or until browned. Stir butter, milk, and salt into potato pulp. Top with pecans.

Variation 1: Maple Bacon Price per serving: \$0.85 Prepare master recipe through step 1. Stir in 1 tablespoon softened butter, 2 tablespoons fat-free milk, and 4 teaspoons maple syrup. Top mashed sweet potato mixture with 1 1/4 ounces cooked and crumbled bacon (about 3 slices). Serves 4 (serving size: 1/2 cup) Calories 268; Fat 6.6g (sat 3.1g); Sodium 351mg

Variation 2: Chipotle-Lime Price per serving: \$1.08 Prepare master recipe through step 1. Stir in 1 tablespoon brown sugar, 2 tablespoons fat-free milk, 1 tablespoon fresh lime juice, 1 1/2 teaspoons finely chopped chipotle chile in adobo sauce, 1/2 teaspoon adobo sauce, and 1/8 teaspoon salt. Serves 4 (serving size: 1/2 cup) Calories 193; Fat 0g (sat 0g); Sodium 227mg

Variation 3: Parmesan-Sage Price per serving: \$1.05 Prepare master recipe through step 1. Stir in 1 tablespoon softened butter, 2 tablespoons fat-free milk, 1/2 teaspoon chopped fresh sage, 1 ounce freshly grated Parmesan cheese (about 1/4 cup), and 1/8 teaspoon salt. Serves 4 (serving size: 1/2 cup) Calories 233; Fat 4.9g (sat 3.1g); Sodium 328mg

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