

LiveBetter with MedWatch

Chicken with Corn Relish

Ingredients

- 4 chicken breast halves (1 pound total), boneless and skinless with fat trimmed
- coarsely ground pepper
- 1 tsp. olive oil
- 2 cloves garlic, minced
- ¼ cup diced celery
- ¼ cup thinly sliced green onion
- ¾ cup dry white wine
- 1 Tbsp. capers, drained, plus 2 Tbsp. caper liquid
- 1 can (15-ounce) reduced-sodium corn, drained
- 1 jar (2-ounce) diced pimentos, drained
- Italian parsley leaves

Preparation

1. Sprinkle chicken with pepper.
2. Place 1 teaspoon oil in a 10- to 12-inch nonstick frying pan over medium-high heat.
3. When hot, add chicken. Turn occasionally until well-browned and no longer pink in center, 10 to 12 minutes.
4. Lift from pan and keep warm.
5. In pan, frequently stir garlic, celery and onion until browned, 2 to 3 minutes.
6. Over high heat, stir in wine, capers and liquid, corn, and pimentos; cook until most of the wine has evaporated, 2 to 6 minutes.
7. Spoon corn onto a platter and arrange chicken on top. Garnish with parsley.

Makes 4 servings.



Nutrition Analysis

Per serving: 237 calories, 20 g protein, 3.1 g fat (0.7 grams saturated fat), 17 g carbohydrate, 397 mg sodium, 66 mg cholesterol, 1.9 g fiber



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