

LiveBetter with MedWatch

Chicken 'n' Dumplings

Ingredients

- * cooking spray
- 1 pound chicken breast, skinless and boneless, cut into 1-inch pieces
- 1 cup thinly sliced onion
- 1 cup thinly sliced celery
- 2 Tbsp. all-purpose flour
- 3 ½ cups fat-free, low-sodium chicken broth
- 2 cups carrots, sliced ½-inch thick
- ¾ tsp. dried thyme, divided use
- ¼ tsp. black pepper
- ¾ cup low-fat baking mix (such as Bisquick)
- 5 Tbsp. fat-free milk

Preparation

1. Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
2. Add chicken and onion; sauté for 10 minutes.
3. Add celery, and sauté 2 minutes.
4. Sprinkle chicken mixture with flour and sauté 1 minute.
5. Add broth, carrot, ½ teaspoon thyme and pepper, stirring well with a wire whisk. Cover, reduce heat and simmer 10 minutes, stirring occasionally.
6. Combine ¼ teaspoon thyme, baking mix and milk in a small bowl.
7. Drop the dough by teaspoonfuls onto chicken mixture.
8. Cover and cook over medium-low heat for 15 minutes or until dumplings are done (do not boil).

Makes 4 servings. Serving size: 1 ¾ cup.



Nutrition Analysis

Per serving: 290 calories, 3 g fat (0.7 g saturated fat); 33 g protein; 30 g carbohydrate; 66 mg cholesterol; 802 mg sodium



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