

LiveBetter with MedWatch

Quick Chicken Mole

Ingredients

- 1 onion (6 ounces), minced
- 2 cloves garlic, minced
- 1 tsp. olive oil or salad oil
- $\frac{3}{4}$ cup chicken broth
- 1 can (8 ounces) tomato sauce
- 1 ripe banana (4 ounces), mashed
- 1 Tbsp. unsweetened cocoa
- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{4}$ tsp. cayenne pepper
- 4 chicken breast halves (about 1 pound total), boneless and skinless
- 4 cups rice, cooked and hot
- $\frac{1}{4}$ cup sliced almonds, toasted
- 2 Tbsp. raisins
- warm corn tortillas

Preparation

1. In a 10- to 12-inch frying pan, over medium-high heat, cook onion and garlic in oil, stirring, until tinged brown.
2. Deglaze pan with 1 tablespoon of the broth.
3. Add tomato sauce, remaining broth, banana, chili powder, cocoa, cinnamon, cumin, pepper and cayenne pepper.
4. Bring to a boil; reduce heat and simmer, covered, 10 minutes.
5. Add chicken; continue to simmer until no longer pink in center of thickest part (cut to test), about 15 minutes longer.
6. Put a breast half over rice on each of 4 plates.
7. Spoon sauce and sprinkle almonds and raisins over portions. Serve tortillas on the side.

Makes 4 servings.



Nutrition Analysis

Per serving: 518 calories, 36 g protein, 7.3 g fat (1.3 g saturated fat), 77 g carbohydrate, 464 mg sodium, 67 mg cholesterol, 4.1 g fiber



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