



A Taste of Canadian Agriculture

Skillet chicken with red tart cherry, rosemary and orange reduction

1 lb (454 g)	boneless, skinless chicken breast
	salt and pepper to taste
2 tbsp (30 mL)	all-purpose flour
2 tbsp (30 mL)	butter, divided
1/2 cup (125 mL)	shallots, finely chopped
1 tbsp (15 mL)	fresh rosemary, minced
3/4 cup (175 mL)	dry white wine
1/4 cup (50 mL)	orange marmalade
2 tsp (10 mL)	Dijon mustard
2 cups (500 mL)	thawed, well-drained Ontario red tart cherries
	rosemary sprigs for garnish

Method

Flatten or cut the chicken to 1/2-inch (1-cm) thickness, season with salt and pepper and dredge in flour. Melt 1 tbsp (15 mL) of butter in a large skillet over medium heat. Cook the chicken until golden, about 3 minutes on each side; remove from pan.

Add remaining 1 tbsp (15 mL) of butter to the pan. Add shallots and rosemary and cook for 3 minutes or until softened. Stir in wine, marmalade and mustard.

Return chicken to pan and add cherries. Reduce heat and simmer for 10 minutes or until sauce is thickened. Serve with cherry sauce spooned over chicken. Garnish with rosemary sprigs.

- Makes 4 servings

NUTRITIONAL INFORMATION PER SERVING

- 266 Calories; 7 g fat; 24 g protein; 22 g carbohydrate

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