

Caribbean Chicken

Step 1: make the sweet potato puree with orange

1 teaspoon orange zest (1 orange)
2 cans (15 ounces each) sweet potatoes, drained
1/2 cup fat-free reduced-sodium chicken broth

1. Grate enough orange zest to measure 1 teaspoon.
2. Place the drained sweet potatoes and chicken broth in the bowl of a food processor and process until smooth.
3. Transfer the puree to a large microwave-safe bowl and stir in the orange zest. Microwave on High for 2 minutes. Stir and microwave for another 1 1/2 minutes. Keep warm.

Step 2: make the coconut rice pudding

2 cups lite coconut milk
1/2 cup sugar
2 teaspoons ground cinnamon or cardamom
1 cup instant rice
1/4 cup raisins, for serving (optional)

In a medium saucepan, bring the coconut milk, sugar, and spices to a boil over medium-high heat, stirring to dissolve the sugar. Stir in the rice. Cover, remove the pan from the heat, and let stand for 5 minutes, or until the milk is absorbed. If desired, divide the pudding among 4 custard cups and chill until serving time. Or serve warm.

Step 3: cook the caribbean chicken

For the sauce
2 tablespoons fresh lime juice (1 large lime)
1 tablespoon cider vinegar
1 tablespoon brown sugar
1 teaspoon garlic powder
1 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/8 to 1/4 teaspoon cayenne pepper, or to taste

For the chicken
1 tablespoon canola oil
1 pound thin-sliced skinless boneless chicken breasts

1. Combine the sauce: Squeeze 2 tablespoons fresh lime juice into a small bowl. Add the vinegar, brown sugar, garlic powder, ginger, cinnamon, allspice, and cayenne and stir to combine.
2. Cook the chicken: In a large nonstick skillet, heat the canola oil over medium heat. Add the chicken and cook for 2 minutes per side, until golden brown and the chicken lifts easily off the surface of the pan without sticking. Transfer to a platter and keep warm.
3. Pour the sauce mixture into the pan and cook, stirring, about 2 minutes. Return the chicken to the pan and heat it briefly, turning it once to coat with the sauce. Remove the pan from the heat.

Nutrition Information Per Serving:

Single serving is 1/4 of the total menu, including dessert
CALORIES 503;
PROTEIN 26g;
CARBS 69g;
TOTAL FAT 13g; 22% of calories from fat
SAT FAT 6g;
CHOLESTEROL 56mg;
SODIUM 221mg;
FIBER 8g

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