

Forum: Scottish Dishes

Topic: recipes to share

Subject: Re: recipes to share

Posted by: Annie

Posted on: 2007/5/31 5:01:54

Hi Betty this is for you and me and anyone else on a diet, or trying to be healthy in their eating.

This looks good enough to eat.

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kbdiet1sm.JPG (84.02 KB)

Chicken in Apricots
A quick one pan casserole.

1 x 420g can artificially sweetened apricot halves, drained, liquid reserved
4 medium chicken breasts, skin and fat removed
2 large onions, thickly sliced
1 cup roughly diced celery
1 bayleaf
salt and freshly ground pepper to taste
½ cup Skim Milk Powder
1 tablespoon cornflour
2 tablespoons water

Reserve 8 apricot halves for garnish. Make apricot liquid up to one cup with water. In a medium sized saucepan, place chicken breasts, remaining apricots, reserved apricot liquid, onions, celery and seasonings. Bring to the boil. Cover and simmer gently for 20 minutes. Remove from the heat. Blend milk powder, cornflour and water together. Slowly blend into chicken with a wooden spoon. Stirring constantly, return to the heat and gently bring to boiling point. Add reserved apricots and stir till milk powder has dissolved (approximately 2 minutes). Serve with fresh beans and baby carrots. Serves 4.

1134kJ (271 C) per serve.

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kaldietsm.JPG (83.15 KB)

