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Chicken and Rhubarb

Ingredients:

- 1½ tablespoons cornstarch
- ¼ cup sugar
- 2 cups sliced rhubarb (½ inch pieces)
- 1½ cups cold water
- 6-8 chicken breasts or 1 whole chicken cut-up
- 1 tablespoon melted butter or olive oil
- ¼ teaspoon salt
- ½ teaspoon nutmeg

Makes 6 servings - 15% calories from fat

Instructions:

1. Combine cornstarch, sugar, rhubarb, and cold water in a medium saucepan. Stir with a whisk or fork until well mixed. Add chopped rhubarb; cook over medium heat stirring occasionally until mixture boils. Continue cooking stirring constantly for an additional 2 minutes. Set aside to cool.
2. Place chicken in a shallow baking dish. Brush with butter or oil and sprinkle with salt. Bake uncovered in 350° oven for 25 minutes.
3. Spoon rhubarb sauce over chicken. Sprinkle with nutmeg. Return to oven and bake 20 minutes longer. Check for doneness with a meat thermometer.
4. Serve immediately spooning any sauce remaining in the pan over the chicken pieces.

Note:

Fresh pork can be used in place of chicken breast.

Using a meat thermometer chicken is done at an internal temperature of 165°F, and fresh pork is done at an internal temperature of 145°F.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 6	
Amount Per Serving	
Calories 300	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 260mg	11%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 53g	
Vitamin A 2%	• Vitamin C 10%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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