

Chicken Paillard with Cherry Sauce

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Serves 4 – Adapted from Taste of Home

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:62eb0a5535040c13694989a5>

- 1 cup chicken stock
- 4 4 oz boneless, skinless chicken breasts
- 1/2 tsp sea salt
- 1/4 tsp pepper
- 1 1/2 tsp olive oil
- 1/2 cup finely chopped sweet onion
- 1 Tbsp butter
- 1 clove garlic, minced
- 3/4 cup dried tart cherries
- 1/3 cup balsamic vinegar
- 3 tbsp port wine
- 1/4 tsp dijon mustard

1. Pound chicken with a meat mallet to 1/4 inch thickness; sprinkle with salt and pepper. In a large skillet, cook chicken in oil over medium heat for 4-5 minutes on each side or until no longer pink. Remove and keep warm

2. In the same skillet, cook and stir onion in 1 tablespoon butter over medium high heat for 1-2 minutes or until tender. Add garlic; cook 1 minute longer. Add the cherries, vinegar, wine and stock, stirring to loosen browned bits from pan. Bring to a boil; cook until liquid is reduced by half and cherries are plump – about 6 minutes. Stir in mustard. Serve over rice with sauce.

Main Course
Chicken