

Curried-Pear Chicken

Coconut milk, cilantro and mint give this dish a fresh, exotic flavor. We prefer using a Bartlett pear but any type will do. Serve with brown basmati rice and Sautéed Watercress.

Ingredients:

- 2 boneless, skinless chicken breasts, trimmed (8 ounces)
- ¼ teaspoon kosher salt, divided
- ⅛ teaspoon freshly ground pepper, divided
- 4 teaspoons extra-virgin olive oil, divided
- 1 pear, peeled, cored and thickly sliced
- 2 tablespoons finely chopped shallot
- ½ teaspoon curry powder
- ¼ cup dry white wine
- ¼ cup reduced-sodium chicken broth
- 2 tablespoons “lite” coconut milk
- 2 teaspoons chopped fresh cilantro
- 2 teaspoons chopped fresh mint

Directions:

- Season chicken on both sides with 1/8 teaspoon salt and a pinch of pepper. Heat 2 teaspoons oil in a medium nonstick skillet over medium-high heat. Add the chicken and cook until well-browned on both sides, about 3 minutes per side. Transfer to a plate and cover with foil to keep warm.
- Reduce heat to medium and add the remaining 2 teaspoons oil to the pan. Add pear, shallot and curry. Cook, stirring, until softened, 2 to 3 minutes. Add wine and broth; bring to a simmer. Cook until slightly thickened, about 3 minutes.
- Return the chicken and any accumulated juices to the pan. Reduce heat and simmer until the chicken is cooked through, 4 to 6 minutes. Transfer the chicken to 2 plates. Add coconut milk, cilantro and mint to the pan and stir to combine. Season with the remaining 1/8 teaspoon salt and pinch of pepper and spoon over the chicken.

Yield: 2 servings

Nutritional Information: 305 Calories; 14g Fat; 3g Sat; 8g Mono; 63mg Cholesterol; 16g Carbohydrates; 25 g Protein; 2g Fiber; 219mg Sodium; 366mg Potassium

Recipe Source: March 1998, EatingWell

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.