

CHICKEN BREASTS WITH GREEN CHILE ALMOND CREAM SAUCE



INGREDIENTS

- 2 cups unsweetened almond milk
- 1/2 cup reduced-sodium chicken broth
- 3/4 cup chopped seeded fresh green chilies
- 3 scallions, sliced, white and green parts separated
- 3 tablespoons slivered almonds, toasted
- 1 clove garlic, thinly sliced
- 3/4 teaspoon salt, divided
- 6 chicken breast cutlets or fillets (about 100-150g each; see Tip)
- 1 tablespoon canola oil
- 2 tablespoons whipping cream (optional)
- 1 tablespoon sesame seeds, toasted

PREPARATION

1. Combine almond milk, broth, green chilies, scallion whites, almonds, garlic and 1/4 teaspoon salt in a medium saucepan; bring to a boil. Reduce heat to a simmer and cook the mixture until reduced by half, 20 to 30 minutes. Puree with an immersion blender or puree in a blender until smooth (use caution when blending hot liquids).
2. Sprinkle chicken with the remaining 1/2 teaspoon salt. Heat oil in large nonstick skillet over medium-high heat. Cook half the chicken until browned, 1 to 2 minutes per side. Transfer to a plate. Cook the remaining chicken until browned.
3. Add the first batch of chicken back to the pan. Pour in the sauce and cook at a low simmer, turning occasionally, until all the chicken is cooked through and tender, 4 to 7 minutes. Remove from the heat and transfer the chicken to a serving platter. Stir cream (if using) into the sauce and pour the sauce over the chicken. Sprinkle with the reserved scallion greens and sesame seeds.

NUTRITION

Per serving: 194 calories; 8 g fat (1 g sat, 4 g mono); 63 mg cholesterol; 4 g carbohydrates; 0 g added sugars; 25 g protein; 1 g fiber; 454 mg sodium; 323 mg potassium. **Nutrition Bonus:** Vitamin C (78% daily value).

TIPS & NOTES

- **Make Ahead Tip:** Cover and refrigerate the sauce (Step 1) for up to 3 days. Reheat before serving.
- **Tips:** Look for almond milk near other shelf-stable or refrigerated dairy-free milks, such as soymilk and rice milk. Pacific and Blue Diamond make unsweetened varieties. Try the leftovers in a fruit smoothie.
- If you can't find chicken cutlets or fillets, purchase six 150 gram chicken breasts. Remove the tenders and trim the fat. Place the chicken between pieces of plastic wrap. Pound with a rolling pin, meat mallet or heavy skillet until flattened to an even thickness, about 1/2 inch.
- To toast slivered almonds and sesame seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.