

Chicken with Sweet Potato Sauce and Roasted Sweet Potatoes

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: The recipe calls for Sweet Potato Butter.

If you have this in your market or gourmet shop it will be with the jellies and preserves. Or you can purchased on-line. It taste like a sweet, sweet potato pie in a jar....yummy. You can substitute Apple Butter. You need something with that earthy flavor that is sweet like the potatoes. These potatoes are sooo good, you will think you added sugar, but you didn't.



Chicken and sauce:

- 1 pound boneless skinless chicken breasts
- 1/2 teaspoon salt and dash of pepper
- 2 teaspoons olive oil
- 2 cups thin sliced yellow sweet onions
- 1/2 cup low sodium chicken broth
- 1/2 cup sweet potato butter or apple butter
- 1 Tablespoon red wine vinegar
- 1 Tablespoon lite Soy Sauce
- 1 teaspoon bottled ginger paste
- 2 teaspoons fresh chopped rosemary or 1/2 teaspoon dried
- 2 teaspoons fresh chopped oregano or 1/2 teaspoon dried

Roasted Sweet Potato Wedges:

- 2 large sweet potatoes, cleaned
- 1/4 cup butter or 1/2 of a stick
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/2 teaspoon salt
- Optional: fresh green beans
- 2 teaspoons olive oil
- 1 teaspoon garlic salt

Roasted Potatoes: (and green beans as another side vegetable)

Preheat the oven to 400 degree F. Line a baking sheet with foil for easy clean up.

Wash the sweet potatoes and pat dry. Cut them in half lengthwise and cut each half into 3 lengthwise wedges. Locate a microwaveable container that is large enough to hold half of the wedges. Cut the butter into smaller pieces and put in the microwave for 10 seconds to melt the butter. If the butter is not melted, do it again for another 10 seconds until it is melted. Remove it from the microwave and stir in the cinnamon, ginger and salt. Put half of the potatoes in the butter mixture and toss to coat each one. Lift them out of the butter sauce and lay on the prepared baking sheet. Put the rest of the potatoes in the mixture and toss well to coat them. Add them to the packing pan. Spread them out on one half of the pan and leave room to add the green beans.

Cut the ends off the green beans and toss them in the olive oil. Spread them out on baking pan and spr with the garlic salt. Bake for 30 minutes. During this time you can start the chicken.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. Cut them in half if they are too large and sprinkle all with salt and pepper on both sides.

Using a large nonstick skillet, heat the oil over medium high heat. When the oil is hot, add the onions and sauté them for 3 minutes. Add the chicken to the pan and brown for 3 minutes on

the first side. Reduce the heat to medium and turn the chicken over to cook for another 3 minutes or until done. Use this time to wash anything that came in contact with the raw chicken.

Prepare the sauce. In a small bowl combine the Sweet Potato butter through all the herbs and stir well. Set aside for a few minutes.

Transfer the chicken and onions to a container to keep warm while you finish the sauce. Carefully pour the chicken broth into the pan and stir. Reduce the heat slightly and scrape the brown bits left by the chicken on the pan. Cook for 2-3 minutes then remove the pan from the heat and stir in the Sweet Potato sauce. Stir well to combine the ingredients and to warm the sauce. The vegetables will take another 1-2 minutes at the end so might need to cover the sauce to keep it warm. At the end you can return the chicken to the pan with the sauce and heat it up for another minute or two. The goal is to have everything hot and ready at the same time.

The vegetables in the oven should be ready. Move the pan from the center of the oven to a high rack. Turn the oven to broil and broil for 1-2 minutes just to lightly brown the potatoes and be sure to keep an eye on the beans.

You are ready to serve. Put a piece of chicken on each plate and top with the onions. Divide the sauce evenly over the chicken and add your sweet potatoes and green beans. Caroleicious!