



CHICKEN VERONICA

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Ingredients:

Skinless, boneless 6oz. Chicken breasts	2
Flour	1 Tbsp.
Salt and pepper	TT
Olive oil	3 Tbsp.
Seedless grapes (cut in half)	½ cup
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Milk (whole or partial)	1 ½ cups
Plain yogurt	½ cup
Cornstarch (optional)	1 Tbsp.

Procedure:

- Heat olive oil in skillet. Meanwhile lightly dredge chicken in flour seasoned with salt and pepper. Sauté chicken on both sides until golden brown; about 3 minutes. Add seedless grapes and allow them to develop a little color.
- Mix the milk, yogurt, and cornstarch until well blended. Pour the milk mixture over the chicken and allow to heat and thicken until the chicken reaches an internal temperature of 165 degrees.
- Adjust final seasoning with salt and pepper. Serve immediately. Serves 2.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.