

Ginger Cranberry Chicken, Roasted Garlic Sauce

Portion Size: 1 piece Yield: 4

Ingredients:

Fresh Apples	½ cup	Chicken Breast	1-1/4 pound
Dried Cranberries	¼ cup	Garlic Cloves, peeled, whole	2-4 each
Ginger Root	2 Tbsp	Canola Oil	1 Tbsp
Shallots, peeled, chopped	2 Tbsp	All Purpose Flour	1 Tbsp
Garlic Cloves, peeled, minced	2 Tbsp	Chicken Broth, Low Sodium	1 cup
Canola Oil	3 Tbsp	Fresh Lemon Juice	¼ tsp
Red Wine Vinegar	2 tbsp	Thyme, chopped	¼ tsp
Thyme, chopped	1 tsp	Parmesan Cheese	1 Tbsp
Salt	½ tsp	Dried Cranberries	1 Tbsp
Ground Black Pepper	¼ tsp	Green Onions, chopped	2 Tbsp

Preparation:

1. In a blender or food processor, add apples, cranberries, ginger, shallots, garlic, canola oil, red wine vinegar, thyme, salt and pepper. Blend until mostly smooth.
2. Cut chicken breasts into 5 oz raw portions.
3. Pour apple mixture over chicken breasts, to marinate for 1-2 hours.
4. Combine canola oil and garlic cloves and roast in a 350°F oven until the garlic is browned and soft, about 7-12 minutes. Remove from oven. Place garlic and oil into a saucepan. Use a whisk or spatula to mash garlic into the oil.
5. Heat garlic oil over medium heat; whisk in flour. Cook roux to a deep blonde color, about 3-4 minutes. Whisk in chicken broth. Bring sauce up to a simmer. Simmer for 10 minutes. Remove from heat and stir in lemon juice, thyme, and parmesan. Place in a blender to blend the sauce to a silky consistency.
6. Place marinated chicken on a parchment lined sheet tray, rubbing any extra marinade on top of the chicken. Roast in a 350°F oven for 25-35 minutes, or until chicken reaches an internal temp of 165°F. Serve each piece of chicken with 2 fl oz of sauce and garnish with cranberries and scallions.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
330	33	16	1	9	14	2	470



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