

Chicken Strips with Balsamic Cranberry Sauce

Recipe By *Estee Kafra*



Cooking and Prep:  45
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Serves:  10

No Allergens

Preference: Meat

Difficulty: Easy

Diet: Gluten Free, Low Fat,
Low Carb

Source: Family Table by
Mishpacha Magazine

Balsamic vinegar adds kick to this fruity sauce. Served over molded rice, this dish is elegant, succulent, and even low-fat. Aleh Mailehs!

Ingredients (9)

Chicken Cutlets

- 2 pounds (1 kilogram) chicken cutlets, cut into strips
- 1 teaspoon salt, to taste
- 1/8 teaspoon black pepper, or to taste
- 2 tablespoons **Bartenura Olive Oil**, divided
- Glicks Cooking Spray**

Reduction

- 1 small or medium shallot, finely chopped
 - 1 and 1/4 cups cranberry nectar
 - 1/3 cup **Bartenura Balsamic Vinegar**
 - 3/4 cup **Gefen Whole Berry Cranberry Sauce**
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Start Cooking

For the Chicken Cutlets

1. Place chicken strips in a medium-sized bowl. Add salt and pepper and mix well to coat.
2. Preheat oven to 400°F (200°C).
3. Heat 1 tablespoon olive oil in a large skillet. Sauté chicken pieces over medium heat for 1½ – 2 minutes on each side. After the first shift, spray the pan with cooking spray and repeat until all pieces are done.
4. Put the chicken pieces in a 9- x 13-inch baking pan. Bake in preheated oven for 10 minutes or until chicken strips are cooked through. Remove from oven.

For the Balsamic Reduction

1. Meanwhile, in the same skillet, heat remaining olive oil. Sauté shallot until just translucent.
2. Add nectar, vinegar, and cranberry sauce and whisk together, stirring to loosen any browned bits from pan. Bring to a boil; cook until liquid is reduced by almost half. This intensifies the flavor.

Note:

Shallots are part of the onion family and have a mild onion-garlic flavor. You can sub finely chopped onion with a tad of crushed garlic.

To Assemble

- 1.

Pour 2/3 of the sauce over the chicken pieces and return to the oven for 5–10 minutes, just until the flavor is absorbed. Don't overdo it because sauce will evaporate and pieces will get dried out.

2. Serve reserved sauce over chicken and rice.

Note:

This dish can be frozen. If you choose to freeze, I recommend doing so after the initial baking — just pour the sauce over and don't heat through in the oven. Heat it before serving, after it defrosts.

Tip:

You can freeze leftover cranberry sauce for future use.