

Fresh Ideas featuring:

Fresh *Fruits*
from *Chile*



CHILEAN GRAPE SAUCE OVER CAJUN CHICKEN

- 1 Tbs. Cajun seasoning blend
- 4 boneless, skinless chicken breast halves (6 to 8 ounces each)
- 3 Tbs. butter, divided
- 2 Tbs. lemon juice
- 8 oz. mixed green and red Chilean grapes, halved (about 1-1/2 cups)

Sprinkle Cajun seasoning evenly over both sides of each chicken breast. In a skillet, over medium-high heat, melt 2 Tbs. of the butter. Add chicken; cook until browned and juices run clear when pierced with a fork, 5 to 7 minutes on each side.

Remove chicken; cover loosely with aluminum foil to keep warm. Wipe any browned bits from the skillet; add remaining 1 Tbs. butter. When melted, stir in lemon juice and 2 Tbs. water. Add grapes; cook over medium heat just until heated through.

If desired cut each chicken breast into slices; serve topped with grape sauce. Garnish with strips of green onion (scallions) and green beans, if desired.

Makes 4 portions



Chilean Fresh Fruit Association
www.cffausa.org/foodservice

