



APRICOT-CHIPOTLE GLAZED CHICKEN SWEET POTATO & BRAISED BOK CHOI

With a well-stocked pantry, a complete dinner can be on the table in 30 minutes! Serves 2

INGREDIENTS

- 2 Boneless, Skinless Chicken Breast OR Pork Chops (boneless chops cook faster and are easier to eat!)
- 1/4 cup Apricot* preserves (*or peach, pineapple, or orange marmalade, OR 14oz can juice-packed of any of those fruits, drained.)
- 2 TBS water (more as needed)
- 2 TBS apple cider or white wine vinegar (not white vinegar) OR white wine
- 1/4 tsp ground Chipotle pepper, or more to taste (sub: plain or smoked paprika)
- 1 TBS butter, diced, kept cold
- 1/2 lb bok choy (about 1/2 head of large, or 6 baby bok choy)
- 2 medium Sweet Potatoes (1 ea)

ADVANCE PREP

1. Preheat oven to 400°F
Start with the SIDES!
2. Line 2 sheet pans (or other shallow, flat pan with a rim, such as a metal pie pan) with aluminum foil or parchment.

PREPARATION

Season the protein with salt & pepper. Heat a sturdy, heavy pan over medium-high flame, until drops of water sizzle.

Sear the protein on both sides, about 3 min each side. Put the protein on a foil-lined pan in the oven, covered with foil to finish cooking.

Deglaze the searing pan with the vinegar (or wine). Use low heat, and scrape up any browned bits. Add the jam or fruit, and the ground chipotle or paprika, stirring until jam melts and/or fruit thickens.

After 15 min. check the protein temperature with a probe thermometer. When the meat has reached 160°F, remove it from the oven, and set aside. Pull back the foil a little bit, but keep it warm while it rests.

Pour any watery drippings from protein back to the pan. Turn the heat up to medium to thicken. If it's too thick, you can thin it out with a little water.

When you're about to serve, turn off the heat. (Elec: remove from stove eye) Add the cold butter in small bits to the sauce. Shake pan to melt butter, stirring with a spoon if needed. Put protein in glaze and turn several times to coat. Drizzle sauce over the meat.

BOK CHOI

Trim the cut ends, and any dry or yellow bits, from each head.

Cut to separate the green leafy parts from the white ribs. Cut large ribs into 1" pieces, and cut the greens into 2" strips.

For baby bok choy: trim, wash carefully, then cut in half through the stem.

Put the white ribs (or whole baby bok choy) into a pan with 1/4 cup of water. Bring to a boil, then simmer, covered, until white parts are tender.

Toss greens on top. Add a drizzle of olive oil and sprinkle of salt. Cover and keep warm until service.

SWEET POTATOES

Sweet Potato Fries can take up to over 30 minutes in the oven. If you don't have the time, the microwave does a good job of cooking them quickly: about 6 minutes! (refer to the Tips Tricks & Shortcuts page!)

Peel sweet potatoes and cut into 1/2 inch thick "fries". Toss in olive oil and sprinkle with salt. Roast in oven for 12 minutes, then turn each fry over, and roast another 12 minutes. Check if tender; if needed, cook another 4 minutes. Repeat until cooked to desired doneness.

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