

Tastes of the Times

*Great chicken recipes from
foodservice kitchens across America*



Cranberry-Citrus Chicken with Fruit Dressing continued

INGREDIENT	QUANTITY		METHOD
	4 servings	24 servings	
8 Eggs, large, whole, well-beaten	1	6	Add to bread cubes. Add cooled fruit mixture to bread and mix thoroughly. Transfer to buttered half-size steam table pan. (Use third-size pan for smaller quantity.) Bake in preheated conventional oven at 400°F for 30 to 35 minutes or until golden brown. (Bake smaller quantity for 15 to 20 minutes.) Or bake in preheated convection oven at 325°F for 12 to 13 minutes. (Bake smaller quantity for 6 to 10 minutes.) Remove from oven and keep warm.
9 Cranberry sauce, whole berry, canned	½ cup	3 cups	To assemble single serving: Portion ½ cup dressing on plate. Top with 1 glazed chicken breast filet. Garnish plate with 2 tablespoons cranberry sauce and 1 sage sprig. Serve with baked acorn squash and steamed fresh green beans.
Sage sprigs, fresh	4	24	

Portion: 9 ounces

Nutritional Data/Portion: Calories 393, Protein 25 g, Fat 8 g, Carbohydrate 58 g, Cholesterol 116 mg, Sodium 897 mg

For a **FAST FACTS Via Fax** copy of this recipe, call 1-800-223-3755 and enter Business Tool 2572.

Sautéed Chicken with Four-Berries Sauce

This dish stands out because of the temptingly sweet reduction of blueberries, strawberries, blackberries, raspberries, white wine, onions, and mushrooms.

INGREDIENT	QUANTITY		METHOD
	4 servings	24 servings	
1 Tyson Ready-to-Cook Tenderpressed™ Savory Chicken Breast Filets, 4.75-oz., frozen	4	24	Grill on oiled, preheated flattop griddle at 350°F for 4½ minutes on each side or until chicken is no longer pink. Remove from griddle. Keep warm above 140°F.
2 Olive oil	2 tbsp.	¾ cup	Heat in skillet over medium-high heat.
3 Red onions, fresh, chopped (p. 175)	¼ cup	1½ cups	Add to oil and sauté for 3 to 4 minutes or until onions are translucent. (Sauté smaller quantity for 2 to 3 minutes.)
Button mushrooms, fresh, sliced	½ cup	3 cups	
4 White wine, dry	½ cup	3 cups	Add to vegetable mixture and deglaze pan, scraping any browned particles from bottom.
5 Blueberries, whole, IQF	½ cup	3 cups	Add to vegetable mixture and mix thoroughly. Bring to boil over high heat. Boil for 15 to 20 minutes or until sauce is reduced by half. (Boil smaller quantity for 10 to 15 minutes.) Remove from heat and keep warm.
Red raspberries, whole, IQF	½ cup	3 cups	
Blackberries, whole, IQF	½ cup	3 cups	
Strawberries, fresh, sliced	½ cup	3 cups	
6 Maple syrup, pure	¾ cup	4½ cups	To assemble single serving: Place 1 chicken breast filet on plate. Top with ½ cup sauce. Garnish plate with 1 strawberry fan. Serve with lemon rice.
Strawberry fans, fresh (p. 57)	4	24	

Portion: 7 ounces

Nutritional Data/Portion: Calories 366, Protein 22 g, Fat 10 g, Carbohydrate 51 g, Cholesterol 60 mg, Sodium 250 mg

For a **FAST FACTS Via Fax** copy of this recipe, call 1-800-223-3755 and enter Business Tool 2629.

Insert a toothpick to test the doneness of the dressing, just as if testing a cake. If it comes out clean, the dressing is done.



Submitted by Edward Sullivan
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Raspberries were introduced to Roman orchards in 65 B.C. after being brought from Mount Ida near the ancient city of Troy. Today, they are considered to be the most flavorful member of the berry family.

Blackberries are the largest of the wild berries and are called brambles in the United Kingdom.

Native Americans taught colonial settlers in New York and Vermont how to tap maple trees for their sap and boil it into syrup. It takes between 20 and 50 gallons of sap to make 1 gallon of pure maple syrup, or sweetwater as the Indians called it.