

Studio 5

Friday, September 21, 2007

“Chicken n Dumplings”

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Dairy Farmers of Utah

Old fashioned, warm, and heart warming family dinner! Serves 6

Ingredients:

- 2 tablespoons butter
- 1 small onion chopped (about 1 cup)
- 5 tablespoons flour, divided
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon paprika, optional
- 1 1/2 pounds boneless skinless chicken breast
- 1 stalk celery, sliced (about 3/4 cup)
- 1 package (16 oz.) frozen mixed vegetables
- 1 cup chicken broth
- 1 teaspoon poultry seasoning, optional
- 1 can (7.5 oz.) refrigerator biscuits*
- 1 can (12 oz.) 2% evaporated milk
- Snipped fresh parsley, optional garnish

Method:

Over medium heat melt butter in heavy pan or Dutch oven; add chopped onions and, stirring occasionally, cook until tender.

Place 4 tablespoons flour, salt, pepper and optional paprika in closeable plastic bag. Shake gently to mix. Cut chicken into bite size cubes, place in bag, seal bag and toss to coat chicken with flour. Add chicken to onions, stir to coat with butter and onions; cook until browned, stirring occasionally.

Add sliced celery, mixed vegetables, broth, and optional poultry seasoning. Bring to a boil, reduce heat, cover and simmer 10 minutes. While chicken is simmering, prepare thickening and dumplings.

Cut refrigerator biscuits into quarters (or prepare homemade dumplings below).* Set aside. Whisk together 1 tablespoon flour with evaporated milk.

Stir milk into chicken. Stirring frequently, bring mixture back to a boil. Reduce heat to simmer, place biscuits on top simmering chicken, cover and simmer 15 minutes or until biscuits are cooked through. Garnish with snipped parsley and paprika. Serve hot with a cold glass of milk.

Note:

*Homemade Dumplings may replace refrigerator biscuits: Combine 2 1/2 cups biscuit mix and 1 cup milk; stir until moistened. Drop by teaspoonful into hot chicken soup; cover and simmer 15 minutes. (Nutrition analysis was calculated using refrigerator biscuits.)

Nutrition Facts	
Serving Size 1/6	
Servings Per Container 6	
Amount Per Serving	
Calories 380	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Cholesterol 80mg	27%
Sodium 910mg	38%
Total Carbohydrate 42g	14%
Dietary Fiber 5g	19%
Sugars 11g	
Protein 37g	
Vitamin A 90%	• Vitamin C 20%
Calcium 20%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	