

Chicken Breasts with Walnuts, Leeks and Candied Lemon

Author: Adapted from a recipe in Food and Wine, March, 2007

<http://www.foodandwine.com/recipes/chicken-breasts-with-walnuts-leeks-and-candied-lemon>



1/4 cup extra-virgin olive oil
2 whole leeks, white and tender green parts only, sliced 1 inch thick

Salt

1 tablespoon sugar

2 tablespoons lemon peel, slivered

2 tablespoons white wine vinegar

1 tablespoon chives

2 teaspoons fresh dill, minced

1 teaspoon rosemary, minced

Freshly ground pepper

24 ounces boneless skinless chicken breast halves

1/2 cup walnuts, toasted

1/4 cup Italian parsley, minced, for garnish

Per Serving (excluding unknown items): 446 Calories; 25g Fat (49.5% calories from fat); 44g Protein; 13g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 122mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

Description: Elegant looking, delicious and worthy for serving to guests.

1. In a skillet, heat 1 tablespoon of the oil. Add the leeks and a pinch of salt; cook over moderate heat until softened. Add 2 tablespoons of water, cover and cook over low heat for 4 minutes. Remove from the heat.
2. In a small saucepan, combine the sugar with 1 tablespoon of water and simmer over moderate heat until syrupy, 2 minutes. Add the lemon slivers and simmer for 1 minute; add to the leeks and keep warm.
3. In a bowl, whisk the vinegar, chives, dill and rosemary with 2 tablespoons of the olive oil. Season with salt and pepper.
4. In a skillet, heat the remaining 1 tablespoon of oil. Season the chicken with salt and pepper and add to the skillet. Cook over moderately high heat until golden, 3 minutes. Reduce the heat to moderate and cook for 2 minutes longer. Turn the breasts and cook until just white throughout, 4 minutes.
5. Spoon the leeks onto preheated plates. Top with the chicken. Drizzle with the vinaigrette, garnish with the walnuts and Italian parsley and serve.