

## **Sautéed Chicken with Sage Browned Butter**

Servings: 2

Adapted from Cooking Light JANUARY 2011 and DECEMBER 2008

### **Ingredients**

2 (6-ounce) skinless, boneless chicken breasts

1/8 teaspoon salt

1/8 teaspoon black pepper

Cooking spray

1/4 cup all-purpose flour

1 tablespoon butter

1 sage sprigs

1/2 tablespoon minced shallots

1 /4 teaspoon dried thyme

1 tablespoon lemon juice

### **Preparation**

1) Place each breast half between 2 sheets of plastic wrap; pound to 1/4-inch thickness. Sprinkle with salt and pepper. Heat a large skillet over medium-high heat; coat with cooking spray. Place flour in a shallow dish; dredge chicken in flour. Add chicken to pan; sauté for 4 minutes on each side or until done. Remove chicken from pan.

2) Add butter and sage sprigs to pan; cook over medium heat until butter browns. Discard sage. Add shallots and thyme; cook for 30 seconds. Add lemon juice; cook for 30 seconds. Serve with chicken. Garnish with sage leaves, if desired.

## **Butternut Squash Gratin**

Servings: 3

Adapted from Cooking Light DECEMBER 2008

### **Ingredients**

2 1/2 cups (3/4-inch) cubed peeled butternut squash

1 slice white bread

2 teaspoons olive oil, divided

1 cup thinly sliced onion

1/2 tablespoon chopped fresh sage

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

Cooking spray

1/4 cup crumbled blue cheese

### **Preparation**

1) Preheat oven to 400°.

- 2) Steam butternut squash, covered, 10 minutes or until tender.
- 3) Place bread in a food processor, and pulse 12 times or until coarse crumbs measure 1/2 cup. Transfer to a small bowl; add 1 teaspoon oil, and toss with a fork to combine.
- 4) Heat remaining teaspoon oil in a large nonstick skillet over medium-high heat. Add sliced onion to pan; saute 5 minutes or until tender, stirring occasionally.
- 5) Transfer the onion mixture to a large bowl. Add butternut squash, chopped sage, salt, and black pepper to bowl, and toss gently to combine. Spoon squash mixture into an 11 x 7-inch baking dish coated with cooking spray.
- 6) Bake at 400° for 20 minutes. Sprinkle crumbled blue cheese evenly over squash mixture, and sprinkle evenly with breadcrumb mixture. Bake an additional 10 minutes or until the cheese is melted and crumbs are golden brown