



Lighter Chicken and Dumplings

SERVES: 4-6

PREP TIME: 15 min.

COOK TIME: 35 min.

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1-inch chunks
- Salt and freshly ground black pepper
- 4 stalks celery, finely chopped
- 1 medium onion, finely chopped
- 2 cups low-sodium chicken broth
- 2 tablespoons chopped fresh dill (or 1 tablespoon dried dill)
- 1/2 cup white whole wheat flour
- 1 teaspoon baking soda
- 1 tablespoon cold unsalted butter, cut up
- 1/4 cup low-fat or skim milk
- 1 cup frozen peas, thawed



Directions:

1. Heat the oil in a large saucepan over medium-high heat until hot. Sprinkle the chicken with 1/4 teaspoon each salt and pepper and add to the hot oil.
2. Cook, stirring, until the chicken is no longer pink on the outside but is not cooked through, about 2 minutes. Transfer to a bowl with a slotted spoon, reserving the oil in the pan.
3. Stir in celery and onions and cook, stirring occasionally, until the onions are soft, about 5 minutes. Add the broth, dill sprigs and 3 cups water. Bring to a boil, then reduce to simmer.
4. Meanwhile, whisk together the flour, baking soda, 1/4 teaspoon salt and 1/8 teaspoon pepper in a small bowl. With your fingertips, cut the butter into the flour until the mixture forms coarse crumbs. Stir in the milk just until a dough forms.
5. Stir the chicken and peas into the broth and bring to a simmer. Drop the dough into the simmering broth by teaspoons, spacing them evenly to make about 16 dumplings. Cover and simmer on medium low for 5 minutes. Serve hot.

Source: FoodNetwork.com