



Chicken and Cornmeal Dumplings

Recipe Source: www.diabeticlivingonline.com

Ingredients:

2 medium carrots, thinly sliced
1 stalk celery, thinly sliced
1/3 cup fresh or frozen corn kernels
1/2 of a medium onion, thinly sliced
2 cloves of garlic, minced
1 tsp fresh rosemary or 1/2 tsp dried rosemary, crushed
1/4 tsp ground black pepper
2 chicken thighs, skinned
1 cup reduced sodium chicken broth
1/2 cup fat free milk
1 TBSP all-purpose flour
1 recipe Cornmeal Dumplings (see recipe below)

Steps:

- In a 1 1/2 or 2 quart slow cooker, combine carrots, celery, corn, onion, garlic, rosemary, and 1/4 tsp pepper. Top with chicken. Pour broth over mixture in cooker.
- Cover and cook on low-heat setting for 7-8 hours or on high-heat setting for 3 1/2-4 hours. If no heat setting is available, cook for 5 to 5 1/2 hours.
- Transfer chicken to a cutting board; cool slightly. When cool enough to handle, cut chicken off bones; discard bones. Chop chicken; return to mixture in cooker. In a small bowl, combine milk and flour until smooth. Stir into mixture in cooker.
- Using two spoons, drop cornmeal dumplings dough into four mounds on top of hot chicken mixture. Cover and cook for 20-25 minutes more or until a toothpick inserted into a dumpling comes out clean. (Do not lift cover during cooking). If desired, sprinkle each serving with coarse pepper.

Cornmeal Dumplings

Ingredients:

1/4 cup flour
1/4 cup cornmeal
1/2 tsp baking powder
Dash of salt
1 egg white
1 TBSP fat-free milk
1 TBSP canola oil



Directions:

1. In a medium bowl, stir together flour, cornmeal, baking powder, and salt. In a small bowl combine egg white, milk, and oil. Add egg mixture to flour mixture; stir just until moistened.

Tips from the Test Kitchen: Any reasons we like the recipe, tips to make it healthier/easier, good foods to eat it with, etc.

Nutritional Facts: per serving Calories: 312, Carbohydrates: 24grams, Protein: 22 grams, Total Fat: 14 grams, Saturated Fat: 3 grams, Cholesterol: 90 mg, Sodium: 161mg, Fiber: 3 grams, Total Sugars: 5 grams.