Poached Chicken with Squash Dumplings

By Mary Reilly

Servings: 2

Ingredients	Nutrient value per serving Serving Size = 1 ½ cup stew, 6 dumplings
½ c. flour ½ t. baking powder ¼ t. ground black pepper pinch of salt ½ c. pureed butternut squash, thawed if frozen 4 c. low-sodium chicken broth 6 oz. boneless, skinless chicken breast, cut into bite-sized chunks ½ c. pearl onions, thawed if frozen ½ c. carrots, chopped 2 c. fresh spinach	Exchanges ..... 3 starch ..... 2 vegetable .....5 protein .....1 fat Calories.....332 Calories from Fat .....45 Total Fat.....5 g Saturated Fat .....0 g Cholesterol.....48 mg Sodium.....472 mg Carbohydrate .....45 g Fiber.....5 g Sugar ..... 6 g Protein .....32 g
Instructions	**Notes**
1. Make the dumpling batter by combining the flour, baking powder, pepper, salt and squash in a small bowl. Set aside. 2. In a small skillet, bring the broth to a boil, and then reduce the heat to a simmer. Add the chicken, onions and carrots to the pan. Using a teaspoon, drop spoonfuls of batter into the broth. Cover the skillet, and let the chicken and dumplings poach for 15 min. 3. Uncover the skillet and gently stir in the spinach, trying not to break up the dumplings. Spoon into soup bowls and serve.	Prep and cook time: 30 min. Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change. If you have dietary restrictions, always check the ingredients list on packaged foods to make sure they do not contain wheat or animal products.