

Featuring Tennessee Gourmet® Products

© 2007

Calypso Chicken

1½ Tbsp. Extra Virgin Olive Oil (EVOO)	1 medium sweet potato, peeled & cut into ¾ inch cubes
2 boneless chicken breasts, cut into 1-inch cubes, blotted dry	1 small red bell pepper, seeded and diced ¾ inch
Salt and fresh ground pepper to taste	1 cup chicken stock
1 large onion, finely diced	½ cup Tennessee Gourmet® Apricot & Spice (your choice of flavor)
1 large garlic clove, minced	2 Tbsp. dark rum (optional)
1 Tbsp. ginger root, minced	Thinly sliced scallions for garnish
1 medium zucchini, cut into ¼ inch slices	

Heat EVOO in a large skillet over medium-high heat. Add chicken breast cubes, and quickly stir-fry until brown on all sides, 2-3 minutes. Remove with a slotted spoon and season with salt and pepper.

Add onion, garlic, ginger root, zucchini, potato, and bell pepper. Cook until onion is wilted and lightly brown, about 4 minutes, stirring often, then add garlic.

Pour in the stock, rum (if using), and Apricot & Spice.

Bring liquid to a boil over high heat. Let liquid reduce for 10 minutes, then return chicken to pan, and cook until done, about 5 minutes. Season with salt and pepper.

Before serving, sprinkle with scallions.