

Yosemite Chicken Stew and Dumplings

From the Centers for Disease Control – Healthy Recipes

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/entrees2.html#1>

Ingredients

For stew:

- 1 lb. chicken meat, skinless, boneless, and cut into 1-inch cubes
- ½ cup onion, coarsely chopped
- 1 medium carrot, peeled and thinly sliced
- 1 stalk celery, thinly sliced
- ¼ tsp. salt
- Black pepper to taste
- 1 pinch ground cloves
- 1 bay leaf
- 3 cups water
- 1 tsp. cornstarch
- 1 tsp. dried basil
- 1 package (10 oz.) frozen peas

For dumplings:

- 1 cup yellow cornmeal
- ½ cup all-purpose flour, sifted
- 2 tsp. baking powder
- ½ tsp. salt
- 1 cup milk, low-fat (1%)
- 1 Tbs. vegetable oil

Instructions

1. For stew, place chicken, onion, carrot, celery, salt, pepper, cloves, bay leaf, and water into large saucepan. Heat to boiling; cover and reduce heat to simmer. Cook about 30 minutes, or until chicken is tender.
2. Remove chicken and vegetables from broth. Strain broth.
3. Skim fat from broth. Measure broth, and add water if necessary to make 3 cups of liquid.
4. Mix cornstarch with 1 cup cooled broth by shaking vigorously in a jar with a lid.
5. Pour into saucepan with remaining broth. Cook, stirring constantly, until mixture comes to a boil and is thickened.
6. Add basil, peas, and reserved vegetables to sauce; stir to combine.
7. Add chicken and heat slowly to boiling while preparing dumplings.
8. For dumplings, sift together cornmeal, flour, baking powder, and salt into large bowl.
9. Mix together milk and oil. Add milk mixture all at once to dry ingredients; stir just enough to moisten flour and evenly distribute liquid. Dough will be soft.
10. Drop by full tablespoons on top of braised meat or stew. Cover tightly; heat to boiling. Reduce heat to simmer and steam about 20 minutes (do not lift cover).

Makes 6 servings

Nutrition information per serving:

Calories	301
Carbohydrates	37 g
Protein	24 g
Total Fat	6 g
Saturated Fat	1 g
Fiber	5 g

