



# Pommy Days

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This chicken dish marries the mystery of cardamom and the robustness of pomegranate in a hot sweet-and-sour sauce

- |     |     |     |
|-----|-----|-----|
| 1   | 1   | 1   |
| 1   | 1   | 1   |
| 1/2 | 2   | 1/4 |
| 4   | 1/4 | 1   |
| 1/2 | 1   | 1/2 |
| 1   | 4   | 1   |
- |     |  |   |
|-----|--|---|
| 1   | cup (250 mL) pomegranate juice               |   |
| 1/4 | cup (60 mL) reduced-sodium chicken broth     |   |
| 2   | 1/4  | tbsp (30 mL) freshly squeezed lemon juice |
| 1/4 | tsp (1 mL) cayenne pepper                    |   |
| 1   | tsp (5 mL) cornstarch                        |   |
| 1/2 | cup (125 mL) sliced almonds, lightly toasted |   |
| 4   | tbsp (60 mL) pomegranate seeds               |   |

**Makes 4 servings**

**PER SERVING**

- 280 calories
- 11 g fat
- 1.5 g saturated fat
- 65 mg cholesterol
- 2 g fibre
- 28 g protein
- 19 g carbohydrates
- 85 mg sodium

Good source of carotenoids, lean protein, niacin and potassium

- 1** In a large heavy frying pan, heat oil over medium heat. Add garlic and onion and stir until they begin to turn golden. Remove and reserve.
- 2** Add chicken breasts and sauté on each side until meat starts to turn golden, about 6 minutes per side.
- 3** Push breasts to one side and stir in cardamom and sugar, cooking 1 minute.
- 4** Meanwhile, mix pomegranate juice, chicken broth, lemon juice, and cayenne. Whisk in cornstarch until mixture is smooth. Add reserved garlic and onion.
- 5** Pour juice mixture over chicken breasts and stir. Raise heat until liquid starts to bubble, then reduce heat to low. Simmer breasts uncovered, 15 minutes, turning breasts over once, until chicken is cooked through and sauce is slightly thickened.
- 6** Place 1 breast, smooth side up, on each of 4 plates. Drizzle with pomegranate sauce and garnish with almonds and pomegranate seeds. Serve with rice and your favourite green vegetables.

**GOING TO SEED**

This intriguing leathery bomb of a fruit — whose crunchy seeds you eat not discard — offers important nutrients such as dietary fibre, vitamin C, niacin and blood pressure-friendly potassium. Recent research has focused on the pomegranate's polyphenol compounds, which may protect against the oxidation of "bad" LDL cholesterol, which forms obstructive plaques on arterial walls and increases stroke and heart attack risk. These antioxidant plant chemicals may also protect against prostate cancer.



# Awesome almonds

Almonds are richer than other tree nuts in protein, vitamin E, calcium and magnesium and have more potassium than most others as well. A 28-gram (1-ounce) serving of almonds contains 3 grams of fibre and 34 milligrams of phytosterols, plant cholesterol that lower blood cholesterol, including "bad" LDL cholesterol. Almond milk and almond flour are good options for those who are lactose- or gluten-intolerant.