



Chicken and Dumplings

1 Tablespoon olive oil
1 lb. boneless, skinless chicken breast, cut into 1-inch pieces
1 medium onion, chopped
1 cup celery, chopped
1 (1 lb.) bag frozen mixed vegetables
2 cloves garlic, minced
32 oz. no added salt chicken stock
1 teaspoon poultry seasoning
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup non-fat milk
1/4 cup all-purpose flour

Dumplings:
1 1/3 cup all-purpose flour
2 teaspoons baking powder
2/3 cup non-fat milk
1 Tablespoon margarine, melted

Instructions: Add oil to a Dutch oven and heat on stovetop over medium-high heat. Add chicken, onion and celery. Cook 6-8 minutes until chicken is no longer pink. Add garlic, frozen mixed vegetables, stock and seasonings. Heat to boiling. In a small bowl, whisk milk and flour. Add to chicken mixture. Bring to a boil; reduce heat, cover and simmer. Meanwhile, in large bowl, stir flour and baking powder. In another bowl, stir melted margarine and milk. Pour into flour mixture and stir until just moistened. Drop spoonfuls of dough directly into simmering soup. Once all dumplings have been added, gently press them down so the soup runs over just the tops of them. Cover and simmer for 15 minutes until dumplings are cooked through.

Yield: 6 serving

Nutrition Facts (per serving): 380 calories, 8 grams fat, 500 milligrams sodium, 44 grams carbohydrate, 1 gram fiber, 30 grams protein