

POMEGRANATE BRAISED CHICKEN



Ingredients:

4	Each	Chicken Breasts (or 6 thighs), boneless, skinless
1	Tablespoon	Olive Oil
2	Cups	Pomegranate Juice
1	Teaspoon	Ground Sumac
2	Tablespoons	Honey (or Agave)
¼	Cup	Sweet Onion, chopped fine
1	Cup	Pomegranate Arils (optional)
		Pink Salt
		Freshly Ground Pepper

Directions:

1. Rinse and pound chicken breasts to an even thickness. Season both sides with salt and pepper. Heat oil in large skillet. When oil is shimmering, add chicken and brown on both sides.
2. While chicken is browning, mix together the pomegranate juice, ground sumac, and onion. Add to pan with chicken. Bring to a boil, stir in the honey, then reduce heat to low, cover and cook to an internal temperature of 165°.
3. Remove chicken from pan and set aside. Scrap bottom of pan to loosen any of the browned bits (fond). Continue cooking the sauce until it is thickened to the consistency of syrup.
4. Pour thickened sauce over chicken and garnish with pomegranate arils (if using). Serve with Citrus Rice, if desired.