

Excellent! Good grits 5-24-11

## CINNAMON ROASTED CHICKEN WITH PUMPKIN-SAGE GRITS

PREP: 10 MIN. ROAST: 18 MIN. OVEN: 400°F

- 4 4- to 6-oz. skinless boneless chicken breast halves
- 1 Tbsp. vegetable oil
- 1½ tsp. salt
- 1 tsp. ground cinnamon
- ½ tsp. ground black pepper
- 1½ cups water
- ⅔ cup instant grits (two 1-oz. packages)
- ½ cup canned pumpkin
- 1 Tbsp. snipped fresh sage
- ⅓ cup shredded cheddar cheese
- Sage leaves

**1.** Preheat oven to 400°F. Arrange chicken in 13×9×2-inch baking pan. Drizzle chicken with oil and sprinkle with 1 tsp. of the salt, the cinnamon, and pepper. Rub spices over all sides of the chicken. Roast for 18 to 20 minutes or until no longer pink and juices run clear.

**2.** Meanwhile, in a medium saucepan bring water to boiling. Stir in grits until combined. Stir in pumpkin, sage, and ½ tsp. salt. Return to boiling; reduce heat. Cook, uncovered, 5 to 7 minutes or until thickened, stirring frequently. Remove from heat; stir in cheese.

**3.** To serve, spoon grits onto dinner plates and top with chicken. Sprinkle sage leaves.

**MAKES 4 SERVINGS.**

**EACH SERVING** 253 cal, 8 g fat, 76 mg chol, 1,162 mg sodium, 14 g carbo, 2 g fiber, 30 g pro.



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