

## rush hour family dinner in under 30 minutes

### gingersnap chicken tenders with carrot-apple slaw

- ¼ cup sweet orange marmalade
- 2 teaspoons water
- 1 teaspoon Dijon mustard
- 2 cups shredded carrots (about half 10-ounce bag)
- 2 medium Granny Smith apples, thinly sliced
- ¼ cup reduced-fat mayonnaise
- 2 tablespoons cider vinegar
- 1 teaspoon curry powder
- ⅛ plus ½ teaspoon salt
- 12 (2-inch) gingersnap cookies
- 1 large egg
- 1¼ pounds chicken-breast tenders
- Nonstick cooking spray

1. Preheat broiler with rack 5 to 6 inches from source of heat. Grease large cookie sheet or line with nonstick foil.

2. In cup, stir marmalade, water, and Dijon; set aside. In serving bowl, toss carrots and apples with mayonnaise, vinegar, curry powder, and ⅛ teaspoon salt. Makes about 3½ cups slaw.

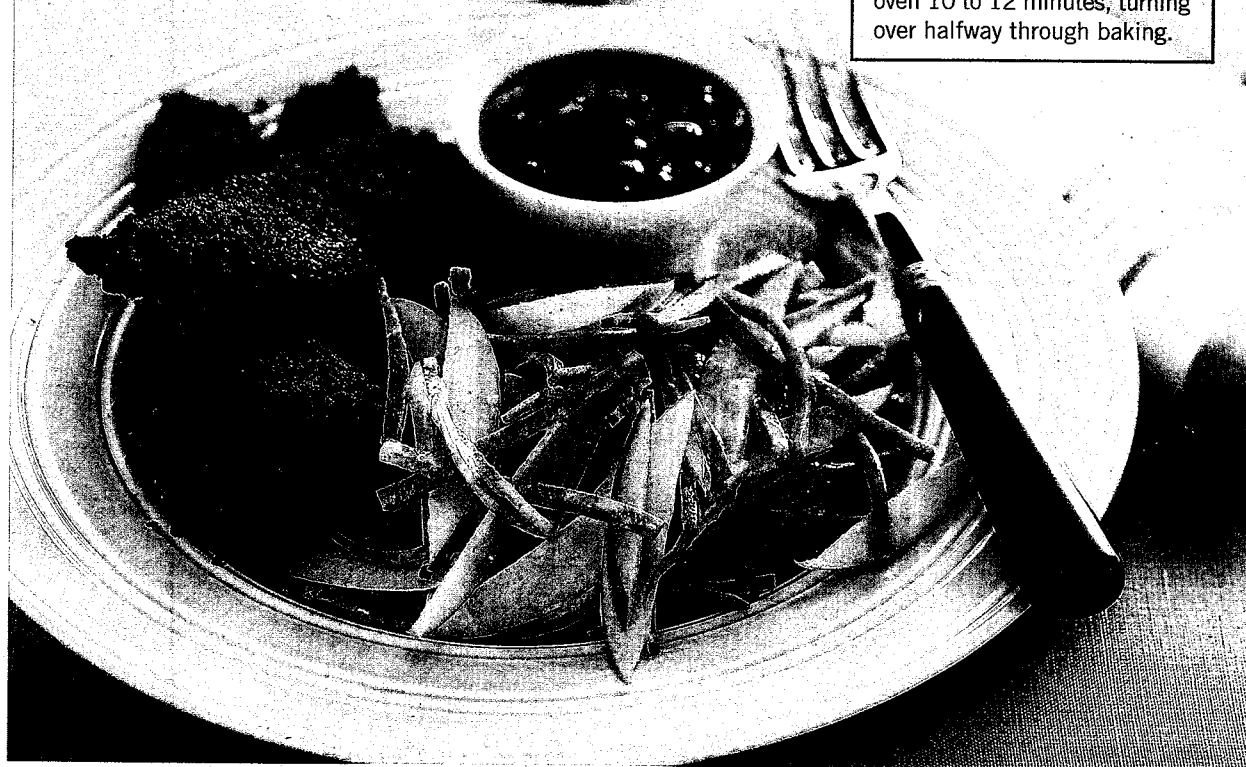
3. In blender, pulse cookies until fine crumbs form. Transfer crumbs to waxed paper; you should have about ⅔ cup. In pie plate, lightly beat egg.

4. Dip tenders in egg, then in crumbs. Place tenders on cookie

sheet; sprinkle with ½ teaspoon salt and spray lightly with cooking spray. Broil tenders, without turning over, 3 to 5 minutes or just until they lose their pink color throughout. Serve with marmalade sauce and slaw.

>> Total time: 25 minutes. Makes 4 main-dish servings. Each serving: About 445 calories, 37 g protein, 48 g carbohydrate, 12 g total fat (2 g saturated), 5 g fiber, 144 mg cholesterol, 730 mg sodium. ■

**TIP** If you prefer, substitute 4 medium skinless, boneless chicken-breast halves (1¼ pounds) for tenders. Prepare as above, but bake chicken in preheated 450°F. oven 10 to 12 minutes, turning over halfway through baking.



PHOTOGRAPH BY MARK THOMAS. Food styling by Anne Disrude. Prop styling by Nancy Micklin.