

stand 10 minutes. Transfer pudding to serving bowl. If not serving right away, press sheet of plastic wrap onto pudding; refrigerate up to 2 days.

4. To serve, spoon pudding into dessert bowls; sprinkle with toasted coconut if using.

>> Each serving: About 300 calories, 4 g protein, 47 g carbohydrate, 11 g total fat (9 g saturated), 1 g fiber, 11 mg cholesterol, 65 mg sodium.

tarragon chicken

Prep 15 minutes

Cook about 8 hours on low or
4 hours on high

Makes 4 main-dish servings

**2 cups (about half 16-ounce bag)
peeled baby carrots**

- 1 package (8 ounces) mushrooms,
each cut into quarters**
- 1 small onion, chopped**
- 8 small bone-in skinless chicken
thighs (about 2½ pounds)**
- 1 cup chicken broth**
- 3 tablespoons cornstarch**
- 1 teaspoon dried tarragon or
2 tablespoons chopped fresh
tarragon leaves**
- Salt and ground black pepper**
- ½ cup heavy or whipping cream**

1. In 4½- to 6-quart slow-cooker bowl, combine carrots, mushrooms, and onion. Place chicken on top of vegetables. In 2-cup liquid measuring cup, with fork, mix broth, cornstarch,

tarragon, 1 teaspoon salt, and ½ teaspoon pepper; pour mixture over chicken and vegetables. Cover slow cooker with lid and cook as manufacturer directs on low setting 8 to 10 hours or on high setting 4 to 5 hours.

2. With slotted spoon, transfer chicken and vegetables to warm deep platter. Skim and discard fat from cooking liquid. Stir cream into cooking liquid; heat through if necessary. Spoon sauce over chicken and vegetables.

>> Each serving: About 370 calories, 35 g protein, 16 g carbohydrate, 18 g total fat (9 g saturated), 2 g fiber, 175 mg cholesterol, 975 mg sodium. ▶