



Pan Chicken with Texas Grapefruit-Shallots and Mint Sauce

Makes 4 servings

Ingredients

- 4 boneless skinless chicken breast halves
- ¼ teaspoon salt
- ¼ teaspoon sugar
- ¼ teaspoon coarse black pepper
- 3 teaspoons olive oil
- ¼ cup shallots
- 1 tablespoon minced mint; 4 mint leaves for garnish
- ¼ teaspoon crushed red pepper
- 1 cup chicken broth
- ½ cup fresh Texas Rio Star Grapefruit juice (1 grapefruit)
- 2 teaspoons all-purpose flour

Directions

1. Salt and pepper the chicken. In a large skillet, heat half the olive oil over medium-high heat.
2. Add the chicken and sear until both sides are browned well, about 3 minutes on each side.
3. Transfer the chicken to a plate and tent with foil.
4. Reduce the heat to medium and add remaining oil to the pan. Add shallots and crushed red pepper. Cook for about 2 minutes, stirring constantly. Remove from heat.
5. In a small bowl, whisk the broth, grapefruit juice, half of the mint and the flour. Add to the skillet. Cook, whisking until slightly thickened, about 3 minutes.
6. Return the chicken to the skillet with its juices; reduce heat to low.
7. Season with additional salt and pepper to taste.
8. Simmer until the chicken is cooked through, about 4 minutes.
9. Serve chicken with sauce spooned over. Use leftover mint to garnish.