

Wise Notes

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Enjoying Texas Produce

How fortunate for us that Texas is one of the largest producers of fresh fruits and vegetables which makes our choices almost endless. This fact is important because of their high nutritional value. According to the 2010 U.S. Dietary Guidelines, fruits and vegetables are major contributors of nutrients that are under-consumed in the United States, including folate, magnesium, potassium, fiber, and vitamins A, C and K. According to the Texas Department of Agriculture, more than 60 commercial fruit and vegetable crops are grown in the Lone Star State- from apples to zucchini and everything in between. The Texas Red Grapefruit is the official state fruit and the sweet onion is the official vegetable.

Blackberries may not be the state's official fruit, but this summer is a prime time to pick fresh berries. Berries are the crown jewels of summer, the gems that inspire pies, parfaits, cobblers, ice cream treats, and whipped cream wonders. Best of all, berries deliver super-healthy antioxidants that help fight disease. I hope you try out the following recipe, courtesy of Texas A&M AgriLife Extension's, Dinner Tonight - Taste of Texas showcase.

Blackberry Chili Chicken

Blackberries are not just for desserts. This savory recipe is perfect for chicken or try it on pork tenderloin.

Ingredients:

Chili-Black Berry Sauce

- 4 teaspoons olive oil extra virgin
- 1 medium shallot or sweet onion diced
- 2 cups fresh blackberries
- 1 chipotle pepper in adobe sauce (canned), diced
- 2 teaspoons brown sugar
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon mint leaves minced

Chicken Breasts

- 12oz chicken tenderloins boneless, skinless
- 1/2teaspoon salt
- 1/4 teaspoon pepper

Instructions:

1. Preheat oven to 375 degrees F. Place tenderloins on a baking sheet and sprinkle 2 teaspoons of olive oil, salt and pepper on chicken. Bake for 20-25 minutes or until internal temperature has reached 165 degrees F.
2. While chicken is cooking in the oven, heat a 3 quart saucepan on medium-high heat. Add 2 teaspoons of olive oil and the diced shallots. Sauté for 3-4 minutes or until soft. Add blackberries, chipotle pepper, brown sugar, and balsamic vinegar. Bring to a boil, reduce heat, cover and simmer for 10 minutes.
3. Remove sauce from heat and let cool for 5 minutes. Serve the sauce over the chicken and top with mint leaves

Servings per 3 oz serving: 4

Cook Time: 30 minutes