

Souper Season of Comfort, Winter 2001

Appetizers

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Braised Chestnuts

Hello. Here's some fruit and vegetable news you can really enjoy. Chestnuts make a wonderful side dish with a holiday turkey because they're very low in fat and high in flavor. You can find them fresh in the supermarket produce section, or already roasted and peeled in jars or vacuum packed. I especially love these little fellas left whole and poached in a chicken stock or 1 cup dry red wine. Cook the peeled chestnuts for just 20 minutes, then thicken the juices lightly with cornstarch. Add ¼ teaspoon each of dried thyme and sage and 1 tablespoon of fresh parsley. One-half cup of chestnuts makes a very festive and low-fat vegetable serving. They really are a celebration when served with any holiday roast—they're also great for snacking. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Braised Chestnuts

Serves 4

Provides 1 vegetable serving per person

- 2 cups canned chestnuts, drained (be sure they are not in a sugar syrup)
- 1 cup low-sodium chicken broth or dry red wine
- ¼ teaspoon dried thyme
- ¼ teaspoon dried sage
- 2 teaspoons cornstarch mixed with 2 tablespoons water (slurry)
- 1 tablespoon chopped fresh or 1 teaspoon dried parsley

1. Simmer the chestnuts in the broth or wine with the thyme and sage 20 minutes. Stir in the slurry and stir to thicken and clear.

2. Add the parsley and serve with a holiday bird or other roast.

Nutritional Analysis

148 calories
1 g fat
5% calories from fat
0 g saturated fat
0% calories from saturated fat
33 g carbohydrates
157 mg sodium
0 g dietary fiber