

CHICKEN & SPICED APPLES

Ingredients:

1 teaspoon extra-virgin olive oil

2 apples, preferably Braeburn, peeled and thinly sliced

1 tablespoon lemon juice

1/4 teaspoon ground cinnamon

3 teaspoons extra-virgin olive oil, divided

3 teaspoons unsalted butter, divided

1 1/8 teaspoons herbes de Provence, (see Note), divided

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

1 1/2 pounds boneless, skinless chicken breasts, trimmed

1 cup reduced-sodium chicken broth

1 teaspoon freshly grated lemon zest

Notes:

Herbes de Provence is a mixture of dried herbs commonly used in the south of France. You can find commercial mixtures in specialty stores, but it is easy to make your own. Mix 1 tablespoon each (or equal proportions) dried thyme, rosemary, oregano, marjoram and savory in a small jar. If desired, add a pinch of dried lavender and crushed aniseed.

6 servings

Total Time: 20 minutes



Preparation:

1. Toss apple slices with lemon juice and cinnamon in a small bowl. Heat 1 teaspoon oil and 1 teaspoon butter in a medium nonstick skillet over medium-high heat. Add the apples and cook, stirring occasionally, until tender, about 5 minutes. Keep warm.
2. Mix 1 teaspoon herbes de Provence, salt and pepper. Place chicken between sheets of plastic wrap and pound with a meat mallet or the bottom of a small saucepan to a 1/2-inch thickness. Sprinkle the chicken on both sides with the seasoning mixture.
3. Heat 1 teaspoon oil and 1 teaspoon butter in a large skillet over high heat. Add half the chicken and cook until no longer pink in the center, 2 to 3 minutes per side. Remove to a platter and keep warm. Add the remaining 1 teaspoon oil and 1 teaspoon butter to the pan; heat over high heat. Cook the remaining chicken in the same manner.
4. Add broth, lemon zest, the remaining 1/8 teaspoon herbes and any accumulated juices from the chicken to the pan. Cook, stirring to scrape up any browned bits, until slightly reduced, about 3 minutes. Spoon the sauce over the chicken and serve with the sautéed apples.

NUTRITIONAL FACTS

Per serving: 191 Calories; 6 g Carbohydrates; 6 g Fat (2 g sat, 2 g mono); 27 g Protein; 72 mg Cholesterol; 1 g fiber; 342 mg Potassium; 292 mg Sodium; 0 g Added Sugars.

Exchanges : 1 fat, 1/2 fruit, 3 1/2 lean meat.

1 Carbohydrate Serving.

Nutrition Bonus : Niacin (65% daily value), Selenium (29% dv).