

Apple Braised Chicken *recipe*

PREP TIME: 20 min | COOK TIME: 52 min | SERVINGS: 4

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INGREDIENTS

2 tsp olive oil
1 pound (four 4-oz pieces) skinless,
boneless chicken breasts
1 Tbsp all-purpose flour
2 large red onions, sliced
1 tsp kosher salt
 $\frac{1}{4}$ tsp ground black pepper
 $1\frac{1}{2}$ cups apple cider
1 cup fat-free reduced-sodium
chicken broth
1 tsp Dijon mustard
2 large Granny Smith apples, sliced
1 Tbsp minced fresh sage
4 tsp chopped fresh parsley

INSTRUCTIONS

Heat oil in a large nonstick skillet over medium-high heat. Sprinkle both sides of chicken breasts with flour; cook until browned on both sides, flipping once, about 3 to 5 minutes per side. Remove from skillet to a plate.

Add onions, salt, and pepper to same pan and reduce heat to medium-low; cook, stirring frequently, until onions are softened, about 8 to 10 minutes. Add cider, broth, and mustard to pan; stir to combine.

Return chicken to pan and increase heat to medium-high; bring to a boil. Cook, uncovered, for 15 minutes.

Add apples and sage to pan; flip chicken over, stir mixture and continue to cook, uncovered, until chicken is cooked through, about 10 to 12 minutes. Sprinkle with parsley and serve.

Serving size: 1 chicken breast and $\frac{3}{4}$ cup apple mixture