



Skillet Apple Chicken

Servings 4 | Prep time 10 mins. | Total time 40 mins.

Equipment:

Large frying pan

Utensils:

Whisk or fork

Measuring cups and spoons

Ingredients

1 tablespoon olive oil OR vegetable oil, divided
2 boneless skinless chicken breasts
1/2 teaspoon salt, divided
1/2 teaspoon black pepper, divided
1/4 cup unsalted chicken stock
1/2 teaspoon Dijon mustard
1 teaspoon ground sage
1/2 teaspoon dried rosemary, chopped
1 medium apple, thinly sliced
1/2 small sweet onion, sliced

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Heat frying pan over medium-high heat. Add 1/2 teaspoon oil to frying pan. Swirl pan to coat. Evenly sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Add chicken to pan and cook for 8-10 minutes on each side, or until chicken is mostly done. (Some pink will remain).
3. Remove chicken from pan. Combine stock and mustard into a small bowl, stirring with a fork.
4. Add the remaining 1/2 tablespoon of oil to the frying pan. Reduce to medium heat. Arrange apples and onions in a thin layer in the pan. Add remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, sage, and rosemary to apples and onions. Cook, stirring occasionally until lightly browned, about 4 minutes.
5. Return chicken to frying pan, placing on top of apples and onions. Pour stock mixture over chicken and apple. Spoon apples, onions, and stock mixture on top of chicken several times to keep moistened. Cook until chicken stock has reduced by half, about 7-8 minutes.

Nutritional Information:

Calories 160
Total Fat 6g
Sodium 50mg
Total Carbs 7g
Protein 19g