

Chickens with Apples

Chicken with apples is a perfect warming fall or winter dish. Serve with noodles or skinny mashed potatoes—by skinny I mean no butter or cream, just nonfat or low fat milk, or fat-free chicken broth.

Per time: 10 minutes

Cook time: 22 minutes

Total time: 32 minutes

Ingredient:

- 2 tbsp freshly ground black pepper
- 2 tsp veg oil
- 4 skinless, boneless chicken breasts
- 2 Granny Smith apples, peeled, cored and sliced
- 1 medium onion, sliced
- 1/4 cup apple cider vinegar
- 3//4 cup apple cider

Preparation:

Sprinkle pepper over chicken. Heat oil in a large non-stick frying pan, add chicken and sauté until browned, about 5 minutes per side. Remove from pan. Add onion and cook until softened, about 3-4 minutes. Add apple slices and cook for 2 minutes, stirring the pieces constantly. Return chicken to pan; add cider vinegar and apply cider. Simmer until chicken is cooked and liquid has reduced, about 5 minutes.

