

Chicken & Spiced Apples

Ingredients:

- 2 apples, preferably Braeburn, peeled and thinly sliced
- 1 tablespoon lemon juice
- ¼ teaspoon ground cinnamon
- 3 teaspoons extra-virgin olive oil, divided
- 3 teaspoons unsalted butter, divided
- 1½ teaspoons herbes de Provence, (see Note), divided
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1½ pounds boneless, skinless chicken breasts, trimmed
- 1 cup reduced-sodium chicken broth
- 1 teaspoon freshly grated lemon zest

Directions:

- 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.
- 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.
- 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.
- 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.
- **Note:** 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.

Yield: 6 servings

Nutritional Information: 191 Calories; 6g Fat; 2g Sat; 2g Mono; 72mg Cholesterol; 6g Carbohydrates; 27g Protein; 1g Fiber; 292mg Sodium; 342mg Potassium

Recipe Source: From EatingWell: Winter 2003, The EatingWell Healthy in a Hurry Cookbook (2006)

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.