

Chicken Sauteed with Apples

Servings : 4

Amount	Measure	Ingredient - Preparation Method
4		boneless skinless chicken breast halves
1	tablespoon	olive oil
1		firm apple - cored, halved and 1/2" slices
1	cup	apple juice
1	large	onion - thinly sliced
1	clove	garlic - minced
1/2	teaspoon	dried thyme
		salt and pepper
2	tablespoons	dijon mustard

Pound chicken to 3/4".

Heat oil in skillet over med-high heat. Saute chicken until golden, 3-4 minutes per side.

Add apple slices, apple juice, onion, garlic, thyme, 1/2 tspn salt and 1/8 tspn pepper. Simmer, covered, 6-8 minutes or until fork tender.

Remove chicken, apple and onion to a platter and keep warm.

Bring sauce to boil for about 5 minutes. Whisk in mustard. Pour sauce over chicken.