

# Cider-Glazed Chicken with Browned Butter-Pecan Rice

Servings : 4

Amount	Measure	Ingredient - Preparation Method
3 1/2	ounces	boil in bag brown rice
2	tablespoons	butter
1	pound	chicken breast cutlets (4)
3/4	teaspoon	salt
1/4	teaspoon	freshly ground black pepper
1/2	cup	refrigerated apple cider
1	teaspoon	dijon mustard
1/4	cup	chopped pecan
2	tablespoons	flat leaf parsley - chopped

Cook rice according to directions in a small saucepan, omitting salt and fat; drain.

While rice cooks, melt 1 tspn butter in a large heavy skillet over medium-high heat. Sprinkle chicken with 1/4 tspn salt and pepper. Add chicken to pan; cook 3 minutes on each side or until done. Remove from pan. Add cider and mustard to pan, scraping pan to loosen browned bits; cook 2 to 3 minutes or until syrupy. Add chicken to pan, turning to coat. Remove from heat; set aside.

Melt remaining 5 tspns butter in saucepan over medium high heat; cook for 2 minutes or until browned and frothy. Lower heat to medium; add pecans, and cook for 1 minute or until toasted, stirring frequently. Add rice and remaining 1/2 tspn salt; toss well to coat. Server rice with chicken. Sprinkle with parsley.