# Recipe of the Month – October 2024

## Skillet Apple Chicken

Serves: 4
Serving Size: 1/2 chicken breast
Cost per Serving: $1.25

### Ingredients:

1 tablespoon olive oil OR vegetable oil, divided
2 boneless skinless chicken breasts
1/2 teaspoon salt
1/2 teaspoon black pepper
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

### Directions:

1. Heat frying pan 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).
2. Removed chicken from pan. Combine stock and mustard into a small bowl, stirring with a fork.
3. 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.
4. 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.

**TIPS**

-If you don't have any chicken stock in your pantry, try using 1/8 of a bouillon cube instead.

***Nutrition Facts per Serving:*** 160 calories, 6g total Fat (1.3g sat. fat), 50mg.Cholesterol, 360mg Sodium, 7g Carbohydrates, 1g Fiber, 5g Sugar, 19g Protein

*Recipe compliments of Ohio SNAP-Ed (Ohio State Extension) Celebrate Your Plate 2024 Calendar*

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