

Apple Braised Chicken



main meals

POINTS® Value: 5

Servings: 4

Preparation Time: 20 min

Cooking Time: 35 min

Level of Difficulty: Easy

Simmering poultry in fat-free liquid is a moist, low calorie way to flavor food. Experiment with other types of broths and juices, too.

Ingredients

- 2 tsp vegetable oil
- 1 pound uncooked boneless, skinless chicken breast, four 4-oz pieces
- 2 Tbsp all-purpose flour
- 1 large onion(s), sliced
- 2 medium apple(s), firm, cored and sliced
- 1 cup apple cider
- 1 cup fat-free chicken broth
- 1/2 tsp table salt
- 1/2 tsp ground ginger
- 2 tsp cornstarch

Instructions

- In a large, heavy-bottomed skillet, warm oil over high heat. Toss chicken with flour in a medium bowl, patting off excess. Place chicken in skillet and brown well on both sides. Remove chicken from pan and set aside.
- Reduce stove temperature to low and add onion to skillet. Sauté, stirring often, until onion is tender and lightly browned.
- Stir in apples, cider, chicken broth, salt, ginger and chicken. Bring to a simmer, cover and cook for 30 minutes. Use a slotted spoon to transfer chicken, onions and apples to a serving dish.
- In a small bowl, whisk together cornstarch and 2 to 3 tablespoons of pan juices. Combine cornstarch mixture with remaining pan juices, whisking constantly. Simmer for one minute. Pour sauce over chicken and serve. Yields 1 chicken breast and about 3/4 cup of apple-onion mixture per serving.
- **Flavor Booster:** Pears and chicken are an appealing combination. Substitute 2 ripe Bartlett or Comice pears, peeled, cored and diced for the apples, 1 cup sparkling pear cider for the apple cider and 1/4 teaspoon ground nutmeg for the ginger.