

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Skillet Chicken with Cranberries & Apples

Ingredients

Makes: 4 servings **Prep Time:** 20 minutes • **Cook Time:** 20 minutes

- 1 pound chicken tenders, trimmed and cut in half on the diagonal
- 3/4 teaspoon dried thyme, divided
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons canola oil, divided
- 2 crisp red apples, such as Braeburn, Fuji or Gala, thinly sliced
- 1 large red onion, quartered and sliced
- 3/4 cup apple cider or apple juice, divided
- 1 cup cranberries, fresh or frozen (thawed)
- 1 tablespoon all-purpose flour



Preparation

Sprinkle both sides of chicken tenders with 1/4 teaspoon each thyme, salt and pepper. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Reduce heat to medium and add the chicken. Cook, stirring, until lightly browned on all sides, 3 to 4 minutes total. Transfer to a clean plate.

Add the remaining 1 tablespoon oil to the pan. Add apples, onion, 2 tablespoons cider (or juice) and the remaining 1/2 teaspoon each thyme and salt. Stir to combine. Cook, stirring often, until the apples and onion are softened, 3 to 4 minutes. Add cranberries and sprinkle flour over everything in the pan; cook, stirring, for 1 minute. Return the chicken to the pan and pour in the remaining cider (or juice). Cover and cook, stirring once or twice, until the sauce has thickened and the chicken is cooked through, about 3 minutes more.

Nutrition

Per serving (serving size=1 ¼ cup): 287 calories; 10 g fat (1 g sat, 5 g mono); 63 mg cholesterol; 26 g carbohydrates; 0 g added sugars; 24 g protein; 4 g fiber; 496 mg sodium; 415 mg potassium.