

# Chicken and Spiced Apples

Serves: 6

Total Time: 20 minutes

## Ingredients:

- 2 apples, preferably Braeburn, peeled and thinly sliced
- 1 tbsp lemon juice
- ¼ tsp ground cinnamon
- 3 tsp extra-virgin olive oil, divided
- 3 tsp unsalted butter, divided
- 1 1/8 tsp herbes de Provence, divided or can substitute with Mrs. Dash
- ¼ tsp ground pepper
- 1 ½ lbs boneless, skinless chicken breast, trimmed
- 1 cup reduced-sodium or sodium free chicken broth
- 1 tsp freshly grated lemon zest

## Directions:

- 1) Toss apple slices with lemon juice and cinnamon in a small bowl. Heat 1 tsp oil and 1 tsp butter in a medium nonstick skillet over medium-high heat. Add the apples and cook, stirring occasionally, until tender, about 5 minutes. Keep warm.
- 2) Mix 1 tsp herbes de Provence (or Mrs. Dash) and pepper. Place chicken between sheets of plastic wrap and pound with a meat mallet or the bottom of a small saucepan or skillet to a ½ inch thickness. Sprinkle the chicken on both sides with seasoning mixture.
- 3) Heat 1 tsp oil and 1 tsp butter in a large skillet over high heat. Add half the chicken and cook until no longer pink in the center, 2-3 minutes per side. Remove to a platter and keep warm. Add the remaining 1 tsp oil and 1 tsp butter to pan, heat over high heat. Cook the remaining chicken in the same manner.
- 4) After chicken is all cooked and on platter to keep warm, add broth, lemon size and remaining seasoning to the pan with any remaining juices from the chicken. Cook, stirring to scrape up any browned bits, until slightly reduced, about 3 minutes. Spoon the sauce and sautéed apples on top of chicken! Enjoy!

[http://www.eatingwell.com/recipes/chicken\\_spiced\\_apples.html](http://www.eatingwell.com/recipes/chicken_spiced_apples.html)

## **Peanutty Caramel Apple “gramwiches”**

Serves: 6, 1 gramwich per serving

### Ingredients:

- ¼ cup peanut butter
- 2 tbsp fat-free caramel topping
- 3 low-fat graham crackers (3 rectangular flats), each broken into 2 squares.
- 1 large apple

### Directions:

- 1) In a small bowl, stir together the peanut butter and caramel topping. Spread on the graham crackers.
- 2) Holding the apple upright, cut 6 lengthwise slices, each ¼ - ½ inch wide, from the sides. Place one apple slice on each graham cracker square. Enjoy!