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### Easy Apple Chicken

This easy one-pot recipe is a seasonal must with apples and spinach at their peak. Apples are a good source of fiber and vitamin C. Their peel contains flavonoids, studied for their anti-inflammatory properties. Fruits are becoming an increasingly popular staple in main dishes for their sweet flavor profile. Savory spinach and protein-rich chicken round out this complete meal.

### Chicken with Spinach and Apple

2 Tbsp. olive oil

4 (4-oz.) skinless, boneless chicken breasts

Salt and freshly ground pepper, to taste

2 large cloves garlic, minced

1 tsp. spicy brown mustard

2/3 cup apple cider

1 medium granny smith apple, sliced lengthwise 1/8-inch

1 medium red apple, sliced lengthwise 1/8-inch (e.g., Gala, Fuji or Pink Lady)

8 cups packed fresh baby spinach

In large skillet, heat oil over medium-high heat. Season chicken with salt and pepper. Sear chicken, cooking 6-7 minutes on each side until browned. Remove chicken and let sit a few minutes. Cut chicken into 1-inch pieces, cover and set aside to keep warm.

To skillet, add garlic, mustard and cider and stir to combine well. Add apple slices and reduce heat to medium. Let simmer 5-6 minutes, stirring often.

Return chicken to skillet. Stir occasionally as sauce thickens, about 4-5 minutes.

Add spinach to skillet. Stir until spinach is wilted, about 2 minutes. Serve hot.

**Makes 4 servings.**

**Per serving:** 257 calories, 9 g total fat (1 g saturated fat), 17 g carbohydrate, 28 g protein, 3 g dietary fiber, 139 mg sodium.

