

baked chicken breasts with apples



Total Time: **40 minutes**

Prep Time: **15 minutes**

ingredients (Servings: 6)

2 Tablespoons butter

Six 8 oz. boneless, skinless chicken breasts

Salt and pepper, to taste (to season chicken)

1 cup celery, sliced thin (1/4 inch)

1 cup red onion, sliced thin (1/4 inch)

1 cup carrot, sliced thin (1/4 inch)

3 apples, peeled and sliced into eight slices

1 Tablespoon curry

1 teaspoon cinnamon

2 teaspoons dried thyme

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1/4 teaspoon salt (to season vegetables)

1/2 cup chicken broth

1/2 cup apple juice

Optional

One 8 oz. package sliced mushrooms

Pinch of cumin, oregano, coriander, black pepper and/or ginger

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directions

step 1: Preheat oven to 350 degrees F.

step 2: Melt butter in skillet over medium heat. Sprinkle chicken breasts on both sides with salt and pepper.

step 3: Place the chicken breasts in the skillet and sear on both sides until lightly browned (approximately 2-3 minutes). Remove the chicken from the skillet and let the chicken rest on a plate while you prepare the vegetables and apples in the skillet.

step 4: Add the celery, onions, carrot and

apples to the skillet and cook over medium heat until the onions start to get tender, about 5 minutes.

step 5: Add the curry, cinnamon, thyme and 1/4 teaspoon of salt, and cook for 1 minute until fragrant.

step 6: Add the chicken broth and the apple juice and stir to combine.

step 7: Place the chicken breasts on top of the apple mixture in the skillet or casserole, cover with lid and place in the preheated oven.

step 8: Bake the chicken for 20-25 minutes

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or until done.

step 9: Serve the chicken with the apples and vegetables and pour the liquid from the pan on top of the chicken breasts.