

## French Style Chicken with Apple

### Ingredients

6 boneless, skinless chicken breasts  
1 onion, sliced  
3 Empire apples, cored and sliced, divided  
8 artichoke hearts, cut in half  
1 10-oz can low-sodium chicken broth  
3 Tbsp apple cider or apple juice  
1/8 tsp ground cinnamon  
1/8 tsp nutmeg  
1/8 tsp salt  
Minced fresh dill or parsley

### Directions

Spray a large, non-stick skillet with cooking spray. Brown chicken breast on both sides. Remove chicken from skillet and set aside. Stir in sliced onion, most of the apple slices, artichokes, broth juice, cinnamon, and nutmeg. Cook 3 minutes.

Spread chicken breasts in skillet; arrange apple, onion, and artichoke mixture on top. Simmer covered, about 10 minutes or until chicken is tender and heated through. Sprinkle with salt and pepper.

Garnish with fresh parsley or dill and reserved apple slices before serving.

Preparation time: 30minutes

Number of Servings: 6

Calories per serving: 180, Protein 10g, Fat 6g, Carbohydrates 22g, Dietary Fiber 3g, Sugar 15g, Cholesterol 30mg, Sodium 160mg.

Recipe Source: Wallgreens.com Health Library

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