



Chicken And Apple Halves With Cider-Cinnamon Sauce

Servings: Serves 4 as an appetizer

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients

2 cups apple cider

1 1/2 teaspoons ground cinnamon

4 each boneless skinless chicken breast, trimmed, about 2 lbs.

4 each firm apples, such as Gala, Fuji, Braeburn, or Granny Smith, halved and cored (unpeeled)

2 tablespoons Olive oil

1/4 teaspoon sea salt

1/4 teaspoon freshly ground black pepper

4 each Lemon wedges



Directions

1. Pour cider in a large saucepan or deep skillet and whisk in the cinnamon. Bring to a boil, then lower heat to keep the cider at a brisk boil, and reduce to 1/2 cup, whisking frequently. Reduction takes 10 to 20 minutes, depending on the diameter of your saucepan. A wider pan makes the reduction go faster.
2. Meanwhile, prepare the chicken. Position a rack in the oven so that the top of the food to be broiled is about 4 inches from the heat source. Preheat the broiler to 550 degrees (high) for exactly 5 minutes (no longer).
3. While the broiler preheats, line a rimmed baking sheet with foil, shiny side down. Place chicken and apples on the foil and drizzle with the oil. Rub on all sides to coat well. Arrange the chicken and apple halves without touching, placing the apples cut side down. Broil with the oven door slightlyajar for 5 minutes. Turn both chicken and apple halves and continue broiling until chicken is browned and firm to the touch and apple halves are browned and tender when pierced with the tip of a sharp knife, about 5 minutes longer. Timing will vary depending on the thickness of the chicken breasts. Remove from oven and sprinkle chicken with salt and pepper.
4. To serve, slice chicken into 1/2-inch-thick slices and arrange on 4 plates with 2 apple halves per plate. Spoon sauce over both and garnish with lemon wedges.

Source: Hannaford fresh Magazine, January - February 2012

Nutrition

Nutritional Facts

Servings Serves 4

Base Nutrients

Calories	450 kcal(22%)
Calories from Fat	90 kcal(0%)
Total Fat	10 g(15%)
Saturated Fat	2 g(10%)
Cholesterol	130 mg(43%)
Sodium	310 mg(12%)
Total Carbohydrates	37 g(12%)
Dietary Fiber	4 g(16%)
Protein	53 g(88%)

Vitamins

Vitamin A	n/a
Vitamin C	n/a



Minerals

Calcium n/a

Iron n/a

