



APPLE-SPINACH CHICKEN

Basic Lifestyle

Ingredients

2 TSP vegetable oil
4 5-oz. skinless, boneless chicken breast halves
1/4 TSP Morton's Lite Salt
1/4 TSP black pepper
1 garlic clove, minced (about 1/2 TSP)
1 TBS spicy brown mustard
1/2 cup apple cider
1 medium Granny Smith apple, cored and sliced
6 cups fresh baby spinach or chopped Swiss chard

Instructions

1. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle chicken with salt and pepper, and add to skillet. Cook 5-6 minutes on each side or until well browned. Remove to plate, and keep warm.
2. Add next 4 ingredients (through apple slices) to pan; bring to a boil. Reduce heat, simmer, stirring often, 5 minutes.
3. Return chicken and juices to pan. Cook, stirring occasionally, until sauce thickens and the chicken is cooked through, about 3 minutes.
4. Add spinach to pan, and toss until wilted, about 1 minute. Serve hot.

Portion-Per-Serving Information (Yields 4 servings):

1 serving = 1 chicken breast and 1/2 cup apple-spinach mixture = 1 P, 1 V