



## SKILLET APPLE CHICKEN THIGHS

Intermediate Lifestyle

### Ingredients

- 1 1/2 TBS olive oil, divided
- 4 (4-oz.) skinless, boneless chicken thighs
- 3/4 TSP kosher salt, divided
- 3/4 TSP freshly ground black pepper, divided
- 1/2 cup unsalted chicken stock (such as Swanson)
- 1 TSP Dijon mustard
- 1 TBS chopped fresh sage
- 1 1/2 TSP chopped fresh rosemary
- 2 medium apples, thinly sliced
- 1 small red onion, thinly vertically sliced

### Instructions

1. Heat a large skillet over medium-high heat. Add 1 1/2 TSP oil to pan; swirl to coat. Sprinkle chicken evenly with 3/8 TSP salt and 3/8 TSP pepper. Add chicken to pan; cook 4 minutes on each side or until chicken is done. Remove from pan.
2. Combine stock and mustard, stirring with a whisk. Add remaining 1 TBS oil to pan; swirl. Add remaining 3/8 TSP salt, remaining 3/8 TSP pepper, sage, rosemary, apple, and onion to pan; cook 4 minutes, stirring occasionally. Stir in stock mixture. Return chicken to pan; cook 3 minutes or until liquid is reduced by half.

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

1 serving = 1 thigh + 2/3 cup apple mixture = 1 P, 1/2 FR, 1/2 FT