



Apple-Spinach-Chicken

Basic Lifestyle

INGREDIENTS

2 TSP vegetable oil
4 (4-ounce) skinless, boneless chicken breast halves
1/4 TSP 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

—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.

—Add next 4 ingredients (through apple slices) to pan; bring to a boil. Reduce heat, simmer, stirring often, 5 minutes. Return chicken and juices to pan. Cook, stirring occasionally, until sauce thickens and the chicken is cooked through, about 3 minutes.

—Add spinach to pan, and toss until wilted, about 1 minute. Serve hot.

SERVING INFO: (Serves 4)

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

See photo of this recipe at [Instagram](#) and [Facebook](#).