



## MAPLE-APPLE CHICKEN BREASTS

Basic Lifestyle

### INGREDIENTS

4 (6-ounce) skinless, boneless chicken breast halves  
½ cup apple juice  
4 TBS lite (less sugar) maple syrup  
½ TSP fresh thyme leaves  
Cooking spray  
1 TBS light stick butter  
2 large Granny Smith apples, peeled, cored, quartered, and sliced  
¼ TSP salt  
¼ TSP freshly ground black pepper  
⅛ TSP ground cinnamon  
Thyme sprigs (optional)

### INSTRUCTIONS

—Combine chicken and next 3 ingredients in a large zip-top plastic bag; seal bag, and marinate chicken in refrigerator 60 minutes.

—Remove chicken from marinade, reserving marinade. Heat a large skillet over medium-high heat; coat pan with cooking spray. Add chicken; cook 5 to 6 minutes on each side or until done. Remove chicken from pan, and set aside.

—Melt butter in pan over medium-high heat. Add apples; sauté 4 minutes. Add reserved marinade, salt, pepper, and cinnamon; bring to a boil, reduce heat, and simmer 4 minutes or until reduced slightly. Return chicken to pan; cook 2 minutes or until thoroughly heated. Garnish with thyme sprigs, if desired.

**SERVING INFO:** (Yields 4 servings)

1 chicken breast half + 2/3 cup apple mixture = 1 P, 1 FR

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