



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
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

—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.

—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.

SERVING INFO: (Serves 4)

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

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