



Normandy-Style Chicken

Prep: 15 minutes

Cook: 30 minutes • Serves: 4

- 4 tablespoons butter
- 1½ small Fuji, Golden Delicious and/or Granny Smith apples, cored and thinly sliced
- 1¼ pounds boneless, skinless chicken breasts, cut into 1½-inch pieces
- 2 tablespoons all-purpose flour
- 1 teaspoon kosher salt
- ¾ teaspoon ground black pepper
- ⅛ teaspoon cayenne pepper
- 2 celery ribs, thinly sliced
- 1 large shallot, halved and sliced
- ½ red bell pepper, thinly sliced
- ¼ cup brandy
- 1¼ cups apple juice
- ½ cup heavy cream
- 1 teaspoon fresh lemon juice
- 2 green onions, sliced for garnish (¼ cup)

1. In large skillet or roasting pan, melt 2 tablespoons butter over medium-high heat. Add apples and cook 5 minutes or until lightly browned, stirring occasionally. Remove apples from skillet with slotted spoon.

2. In large bowl, toss chicken with flour, ½ teaspoon salt, ¼ teaspoon black pepper and cayenne pepper until well coated. Add remaining 2 tablespoons butter and chicken to skillet. Cook over medium-high heat 5 to 6 minutes or until chicken is browned and almost cooked through, turning occasionally. Remove chicken from skillet; keep warm.

3. Add celery, shallot and bell pepper, and cook 3 to 4 minutes or until shallot is golden brown, stirring occasionally. Add brandy to deglaze skillet. With wooden spoon, scrape brown bits from bottom of skillet and cook 2 minutes. Add apple juice and cream. Heat to simmering and cook 10 minutes.

4. Return chicken to skillet and cook 1 minute. Return apples to skillet and cook 1 minute or until chicken is cooked through. Remove skillet from heat. Stir in lemon juice and remaining ½ teaspoon salt and ½ teaspoon black pepper. Serve garnished with green onions.

Approximate nutritional values per serving: 512 Calories, 24g Fat (14g Saturated), 137mg Cholesterol, 513mg Sodium, 40g Carbohydrates, 5g Fiber, 28g Protein