

Apple and Cheese Chicken

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 25 minutes

Serves: 4

CChints: There is something yummy that happens when you combine the earthiness of apples, cheese and nuts with chicken. You can use your favorite apple but you need to select an extra creamy cheese like Havarti or Brie. We used Harvarti for the photo.



- 4 boneless, skinless chicken breasts
- 1 apple, peeled, cored and sliced thin
- 3 tablespoons butter, divided
- 4 -6 slices of Harvarti cheese
- 1/2 cup chopped walnuts, divided
- Dash or salt and pepper
- 1-1/2 cups reduce sodium chicken broth
- 1-1/2 cups apple cider
- 4 servings of a vegetable

Preheat oven to 425 degree F. and locate a baking pan that has turned up edges. Cover with foil for easy clean up.

Rinse the chicken and pat it dry. Use a sharp knife to cut each breast nearly in half, leaving about a 1/2 inch edge to make a hinge. Lay the chicken on your work surface. Place 1-2 pieces of cheese inside the slit of each piece of chicken to cover the length of the chicken. Sprinkle with about half of the nuts and set the rest aside until the end.

Locate a large nonstick skillet and heat it over medium-high heat. Add 1 tablespoon of butter and smear it around in the pan. When it melts, add the apple slices and cook until softened, about 3-4 minutes. Remove the pan from the heat and take them out of the pan and carefully slide pieces in the slit on top of the cheese and nuts. Season the outside salt and pepper.

Add another tablespoon of butter to the pan over medium high heat and smear it around. Add the chicken to the pan and cook until brown, about 2-1/2 minutes on each side. Be very careful when turning over the chicken to be sure the stuffing stays inside the chicken. When they are brown on each side, carefully transfer them to your baking pan. Put in the oven and bake for 12 minutes or until done.

While you are waiting on the chicken you can start the sauce. In a bowl, combine the cider and broth. Use the same pan and put it over medium high heat. Slowly pour the sauce in the pan, using a wooden spoon to scrape up the brown bits of flavor. Let it continue to cook, stirring occasionally until it reduces to about 1-1/2 cups. During this time, wash everything that came in contact with the raw chicken and start your side vegetable.

When the sauce has reduced enough, remove the pan from the heat and stir in the last tablespoon of butter. Remove the chicken from the oven and put one on each plate. Spoon the sauce over each piece and sprinkle with the remaining nuts. Serve with your side vegetable and enjoy.