

## Chicken with Caramelized Apples



*This autumn-inspired recipe combines the sweetness of caramelized apples with the richness of chicken for a simple, comforting, and flavourful meal. Perfect for a weeknight dinner or for easy entertaining. The spice blend evokes the warmth of a slow-cooked dish, but with minimal preparation. A choice approved by our dietitians! For a complete meal, serve with mashed potatoes and our [oven-roasted peppers](#) or another vegetable of your choice.*

Preparation 15 min

Cooking 25 min

Servings 6

Nutrition Facts (per serving)

Calories 225

Fat 6

Carbohydrates 11

Fibre 1

Protein 31

Sodium 225

### **Ingredients**

- 15 ml (1 tbsp) apple cider vinegar
- 30 ml (2 tbsp) maple syrup, divided
- 2 ml (½ tsp) dried thyme

- 1 ml (¼ tsp) ground cinnamon
- 15 ml (1 tbsp) olive oil
- 3 boneless chicken breasts (about 450 g / 1 lb)
- Pepper and salt, to taste 1 leek, roughly chopped (or 1 yellow onion)
- 1 garlic clove (5 ml / 1 tsp), finely chopped
- 1 Quebec apple, thinly sliced
- 250 ml (1 cup) reduced-sodium chicken broth

## Preparation

1. Preheat the oven to 400 °F (200 °C).
2. In a small bowl, mix the apple cider vinegar, 15 ml (1 tbsp) maple syrup, thyme, nutmeg, and cinnamon. Set aside.
3. In a large ovenproof non-stick skillet, heat the oil over medium-high heat. Season the chicken breasts with salt and pepper, then place them in the skillet.
4. Pour the seasoning mixture over the chicken. Sear for 4 to 5 minutes per side to brown and coat well.
5. Add the leek and garlic around the chicken. Cook for 2 to 3 minutes, then add the apple slices.
6. Pour in the chicken broth. Bring to a boil, stir in the remaining maple syrup, then transfer to the oven. Bake for about 15 minutes, or until the internal temperature of the chicken reaches 74 °C (165 °F).
7. Serve hot with your choice of sides.

## Notes

Keeps for 3 days in the refrigerator or 3 months in the freezer.



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