

Skillet Apple Cider Chicken

INGREDIENTS

- 2 lbs boneless, skinless chicken breasts (about 3-4, pounded to even thickness)
- 1 ½ tbsp olive oil
- 1 tbsp butter
- 1 medium yellow onion, thinly sliced
- 2 apples, thinly sliced
- 2 cloves minced garlic
- ¾ cup apple cider
- ½ cup low-sodium chicken broth
- 1 ½ tsp Dijon mustard
- 1 ½ tsp fresh rosemary, finely chopped
- ¾ tsp salt (plus more to taste)
- ¼ tsp black pepper

Seasoning mix for chicken:

- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp fresh thyme leaves OR 1/2 tsp dried thyme leaves

DIRECTIONS

1. Pat chicken breasts dry. Pound to even thickness (about 1 inch) for quicker, more even cooking. Season on both sides with the seasoning mix, salt, and pepper.
2. Heat olive oil and butter in a large skillet over medium-high. Cook chicken 4-5 minutes per side until golden brown and just cooked through (165°F internal temp). Remove to a plate and tent with foil.
3. In the same skillet, sauté onion and apples until softened (3-4 minutes). Add the garlic and saute for a couple more minutes. Deglaze with apple cider and chicken broth, stirring to loosen browned bits. Whisk in Dijon mustard and rosemary.
4. Return chicken to skillet, spoon sauce over the top, and simmer uncovered 2-3 minutes until sauce slightly thickens.
5. Plate chicken with apples and onions, spoon sauce over top, and garnish with extra rosemary if desired.