

CINNAMON APPLE CHICKEN PASTA

INGREDIENTS

- 2 T Healthy oil (divided)
- 1 Apple (Granny Smith) (medium) (cored) (sliced)
- 1 T Coconut Secret sugar
- 4 Chicken (4 oz breasts)
- 1/4 t Cinnamon
- 1/4 t Salt
- 1/4 t Pepper
- 1 Onion (red or yellow) (medium) (thinly sliced)
- Apple cider (1/2 C) **OR** apple juice (1/2 C) (no sugar added)
- 1/4 C Vinegar (apple cider)
- 2 C Whole-wheat **OR** gluten-free pasta (linguini or fettuchini) (cooked)



DIRECTIONS

- 1 Add 1 T oil to a large non-stick saute pan warmed to medium-heat
- 2 Saute the apple until lightly browned (5 minutes)
- 3 Sprinkle with sugar & cook until tender (3-5 minutes)
- 4 Remove the apples from the pan to a bowl
- 5 Place the chicken on a plate & sprinkle with cinnamon, salt & peper
- 6 Heat 1 T oil & add the chicken & cook just until browned (4-5 minutes on each side)
- 7 Remove the chicken from the pan & onto a plate
- 8 Add the onion to the pan & cook covered over medium heat
- 9 Stir occasionally until very tender (6-8 minutes)
- 10 Add the apple cider & vinegar
- 11 Reduce heat & simmer (2 minutes)
- 12 Return chicken to the pan, cover it & continue to simmer until chicken is cooked thru & the liquid is reduced (4-5 minutes)
- 13 Add the apples & pasta to the pan & heat thru

NOTE

Serves 4



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