

# QUICK & EASY APPLE & ONION CHICKEN

## INGREDIENTS

- 6 Chicken (breasts or thighs) (skinless & boneless)
- 1 jar Applesauce (usage depends on thickness desired)
- 2 Apples (sliced)
- 2 Onions (large) (1 onion cut in slices) (1 onion chopped)
- Pepper (to taste)
- Garlic powder (to taste)
- Paprika (to taste)
- Non-stick cooking spray



## DIRECTIONS

- 1 Pre-heat oven to 375 F & spray foil pan with non-stick cooking spray
- 2 Place raw onions slices & sliced apples on the pan
- 3 Add chicken pieces on top of the onion & apple slices
- 4 Add pepper, garlic & paprika (to taste)
- 5 Add applesauce on the top of the chicken & then add the chopped onions
- 6 Cover with foil & bake for 45 minutes
- 7 Uncover to finish baking
- 8 Chicken is done if there are no pink juices when you pierce the chicken with a fork
- 9 Serve with grain of your choice &/or veggies

## NOTES

- 1 Serves 6
- 2 Another variation is to stuff a whole chicken with apples & onion & then top with applesauce & more chopped onions

## TO PREPARE CHICKEN BREASTS

- 1 Trim the fat
- 2 Remove the tenders (the long thin flaps) reserve for another use
- 3 Cover your meat cutting board with plastic & place the chicken on it
- 4 Cover the chicken with a large piece of plastic wrap
- 5 Pound with a rolling pin, meat mallet, heavy pan or hammer with head covered with plastic wrap until flattened to an even thickness (about 1/2 inch)