

Apple and Thyme Chicken

Ingredients

- 4 each boneless skinless chicken breasts
- 1 each Cooking Spray, canola, with butter flavor, 1/3 sec spray
- 1 pinch salt and pepper
- 1 cup Apples, fresh, sliced
- 1 each medium shallots
- 1 tbsp fresh thyme
- 1/4 cup balsamic vinegar
- 1 pinch fresh thyme



Directions

1. Preheat oven to 375°F (190° C).
2. Rinse chicken breasts and pat dry with paper towels.
3. Spray a baking dish lightly with cooking spray.
4. Sprinkle chicken breasts with salt (if using) and pepper. Place in a single layer in the prepared baking dish.
5. Arrange thin apple slices over and around chicken breasts.
6. Sprinkle with shallot and thyme leaves; pour on the balsamic vinegar.
7. Bake for 15 to 20 minutes, until chicken is dense throughout (cut to test).
8. Arrange cooked breasts on a platter with spoon apples and cooking juices on top. If desired, garnish with thyme sprigs. Serve at once.

Makes 4 servings.

Nutrition Facts:

Calories 153
Total Fat 1.5g
Total Carbohydrates 7g
Dietary Fiber .8g
Protein 26.5g

From dLife.com

