

Cider-Marinated Chicken with Bourbon-Glazed Apples & Onions

Serves 4

4 boneless, skinless Washington chicken breasts
2 tablespoons olive oil
1/2 teaspoon salt, or to taste
2 medium Washington apples, cored and thinly sliced
1 small red onion, very thinly sliced
1/4 cup bourbon

Cider Marinade

2 tablespoons honey
1 cup sparkling apple cider
1 teaspoon Dijon mustard
1 teaspoon grated lemon rind
1 teaspoon chopped fresh parsley
1/8 teaspoon red pepper flakes
1 1/2 tablespoons cider vinegar

Lightly pound chicken breasts to a thickness of 1/2-inch. Mix all marinade ingredients together well. Place chicken breasts in a zip-top plastic bag, add marinade, and refrigerate at least 30 minutes or up to 2 hours.

Heat olive oil in a 10-inch non-stick skillet over medium-high heat. Remove chicken from marinade and season with salt. Reserve marinade.

Add chicken to pan and lightly brown first side, about 2 minutes. Turn chicken over and brown other side about 2 minutes more, or until cooked through. Remove chicken onto a plate in a warm oven.

Reduce heat to medium and add apples and onions to pan. Cook, stirring often, for about 3 minutes. Add bourbon and reserved marinade. Turn heat up to high and cook about another 3 minutes, stirring often until apples are tender.

Place chicken on warm plates and top with apple mixture.

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