

Chicken Breast and Apples, Slow Cooker Recipe

6-ounce can frozen apple juice concentrate, thawed
1/8 teaspoon ground nutmeg
1-3 teaspoons curry powder
2 tablespoons butter
1 onion, chopped
2 garlic cloves, minced
6 boneless, skinless chicken breasts
Salt and pepper to taste
3 Granny Smith apples, peeled, cored and cut into bite-sized pieces
2 tablespoons apple cider vinegar
1/3 cup chicken broth
1 tablespoon cornstarch

In small microwave-safe dish, combine butter, onions, and garlic. Microwave on high for 1-2 minutes until onion is softened. Place mixture in bottom of 3-4 quart slow cooker. Add chicken breasts. Top with apple juice, nutmeg and curry powder. Add salt and pepper to taste.

Cover and cook on low for 4-5 hours until chicken is almost cooked. Add apples and cook 40-50 minutes longer on low until apples are tender and chicken is thoroughly cooked. Remove the chicken and apples and place in a serving dish—cover to keep warm.

Mix the vinegar, broth and cornstarch in a small bowl and stir into the liquid in crock-pot. Cover and cook on high heat, stirring occasionally, until sauce is thickened and bubbly, 10-15 minutes. If sauce doesn't thicken, add more cornstarch, stir and heat. Pour thickened sauce over the chicken and serve. Makes 8 servings.

Nutrition information per serving: 278 calories, 41 grams protein, 8 grams fat, 9 grams carbohydrate, 200 mg sodium.



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