

GINGER CHICKEN WITH APPLE SAUTÉ

Featuring Lady Alice Apples



- 4 boneless chicken breasts (4 to 6 oz. each)
- Salt and ground pepper
- 1 tablespoon vegetable oil
- 1 Lady Alice apple, cored and sliced vertically into 16 wedges
- 1 medium red sweet pepper, seeded and sliced vertically
- 1/2 cup thinly and vertically sliced onion
- 1 teaspoon grated ginger root



Season chicken with salt and pepper. In a large skillet, brown chicken on both sides in oil. Move chicken to baking pan and bake at 375°F 15 minutes. Using the skillet used to brown the chicken, sauté apple, sweet pepper, onion and ginger 8 to 10 minutes on medium-high heat, turning apple wedges to lightly brown both sides. Season apple mixture with 1/2 teaspoon salt and a generous dash of ground pepper. Spoon apple mixture over chicken to serve. Makes 4 servings.

Nutritional Analysis Per Serving: 476 Cal. , 241 Cal. from fat, 43 g pro., 27 g total fat, 15 g carb., 98 mg. chol., 2 g fiber, 283 mg sodium.

