



## Apple Stuffed Chicken

### What You Need

- 4 boneless skinless chicken breast halves (about 6 oz each)
  - 1 Fuji apple (peeled, cored and diced)
  - 1/2 Cup cheddar cheese (shredded)
  - 2 Tbsp seasoned dried bread crumbs ( I use the Italian style)
  - 1 1/2 tsp Fresh thyme (chopped) plus 3 large sprigs
  - 1 Tbsp lemon juice
  - 1/2 tsp Salt
  - 1/2 tsp Fresh ground pepper
  - 1/4 Cup all-purpose flour
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- 2 tsp Olive oil
  - 3/4 Cup apple cider
  - 1/2 Cup chicken broth
  - 2 tsp Dijon mustard
  - 12 Wooden toothpicks
  - Mixing bowl
  - Pie plate or shallow dish
  - Cutting board
  - Large non stick skillet with lid
  - Cooking thermometer
  - Aluminum foil
  - Whisk

**Before You Start:** Combine salt and pepper in a small bowl and mix well. Coat wooden toothpick with nonstick cooking spray (place on a plate until ready to use) and pour flour into pie plate or shallow dish.

**Lets Make It!** In a bowl, combine apple, cheese, bread crumbs, chopped thyme, lemon juice and half the salt/pepper mixture. On a cutting board, lightly press each chicken breast flat with one hand; using a sharp knife, carefully cut into the side of the breast to form a deep horizontal pocket (do not cut through the top, bottom, or backside of breast). Divide the apple mixture into 4 portions and stuff into chicken pockets. With the prepared toothpicks, poke through top and bottom to hold it closed. Sprinkle the remaining salt/pepper mixture over the breasts. Dredge chicken in flour to lightly coat; tap off excess flour. Heat olive oil in a large nonstick skillet over medium-high heat. Add chicken and brown 3-5 minutes per side. Pour 1/2 cup of the apple cider and the broth into skillet. Add thyme sprigs. Bring to a boil, reduce heat to low, cover and simmer 10-15 minutes until chicken is cooked through and apple stuffing registers 165° F on a cooking thermometer. Remove thyme sprigs ( and toss out) and chicken to a serving plate and cover with foil to keep warm. Whisk mustard and remaining 1/4 cup cider into skillet, bring to a boil on high heat, let cook for about 3-5 minutes until reduced and slightly thickened. Spoon sauce over chicken and serve.

Serves 4