



CHICKEN WITH APPLES & RAISINS

MATERIALS:

Cutting board
Large skillet
Can opener
Measuring spoons
Measuring cups
Mixing spoon
Sharp knife

INGREDIENTS:

1 large onion
2 large carrots
2 medium apples
1 tsp ground cinnamon
1 tsp ground coriander (optional)
1 tsp ground cumin
1/2 tsp salt
1/4 tsp ground black pepper
2 lbs boneless chicken breasts, halved
2 tbsp. canola oil, divided
1 15oz can low-sodium chicken broth
3/4 cup raisins
1/4 cup fresh parsley/cilantro (optional)
Brown rice cooked per package instructions

Serves: 6

Serving Size: 1/2 chicken breast + 3/4 cup vegetables

*Recipe from Share Our Strength's Cooking Matters®

Find more recipes online at: www.gcfb.org/recipes_resources

DIRECTIONS:

1. Peel, rinse, and dice onion and carrot. Rinse and dice apples.
2. Rinse, dry, and chop parsley or cilantro, if using.
3. In a small bowl, mix cinnamon, coriander, cumin, 1/4 tsp salt, and pepper.
4. Pat chicken dry with paper towel. Rub chicken pieces with spice mixture.
5. In a large skillet over medium heat, heat 1 tbsp. oil. Add onion, carrot, and apples. Cook, stirring occasionally, until starting to brown, about 15 minutes. Transfer to a medium bowl.
6. Add remaining 1 tbsp. oil to skillet. Brown chicken 2-4 minutes per side. Add chicken broth to pan. Simmer until chicken is cooked through to 165°F internal temperature. Stir in vegetable mixture and raisins. Simmer additional 5-10 minutes. Stir in fresh parsley or cilantro.

NUTRITION TIP:

Using a variety of spices is a great way to flavor your food without using salt.

Chef's Notes:

- Substitute other spices or fresh herbs as desired. Other dried fruits can be used in place of raisins, try apricots or currants.
- Serve with any whole grain side dish: brown rice, whole wheat pasta, or quinoa.