

Title: Harvest Chicken Skillet

<u>Code</u>
GF, DF

<u>Nutrition Facts:</u>	
Yield	4
Calories	319
Total Fat	11g
Sat Fat	3g
Sodium	708mg
Added Sugar	0g
Fiber	7g
Protein	32g

Ingredients Needed:

- 1 Tbsp olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1/2-inch cubes
- 1/2 tsp black pepper
- 4 slices thick-cut bacon, chopped
- 3 cups brussel sprouts, trimmed and quartered
- 1 medium sweet potato, peeled and cut into 1/2 inch cubes
- 1 medium onion, chopped
- 2 Granny Smith apples, peeled and diced
- 4 cloves garlic, minced
- 1/2 tsp dried thyme
- 1 tsp ground cinnamon
- 1 cup reduced-sodium chicken broth, divided



Recipe Directions:

1. Heat the olive oil in a large skillet over medium high, until hot and shimmering. Add the chicken and black pepper. Cook until lightly browned, about 5 minutes. Transfer to plate lined with paper towels.
2. Reduce skillet heat to medium low. Add the chopped bacon and cook until crisp, about 8 minutes. Transfer the bacon to a paper towel-lined plate. Discard all but 1 1/2 tablespoons bacon fat from the pan.
3. Increase skillet heat back to medium high. Add Brussels sprouts, sweet potato, and onion. Cook, stirring occasionally, until crisp-tender and the onions are beginning to look translucent, about 10 minutes.
4. Stir in the apples, garlic, thyme, and cinnamon. Cook 30 seconds, then pour in 1/2 cup of the broth. Bring to a boil and cook until evaporated, about 2 minutes. Add the reserved chicken and remaining 1/2 cup broth. Cook until heated through, about 5 minutes. Stir in reserved bacon and serve warm.