chicken and dried fruit with colorful bean salad

TOTAL TIME
30 minutes
MAKES 4
SERVINGS

APRON'S ADVICE

The chicken thighs are a great alternative to chicken breasts. Thighs are more flavorful and stay moist when cooked.

SHOPPING LIST

Dry Grocery
1/4 cup balsamic vinaigrette
1/2 cup chicken broth
4 tbsp extra-virgin olive oil
1 tsp ground cinnamon
1 (7-oz) package mixed dried fruit bits (raisins, apples, apricots, peaches, plums, cherries)
2 tbsp pine nuts
1/4 cup red wine vinegar

Frozen
1 (16-oz) bag baby bean blend (green/yellow beans, carrots)

Meat
1 1/2 lb boneless, skinless chicken thighs

Produce
1 (1-oz) bag fresh basil
1 1/2 cups grape tomatoes
1/2 cup pre-diced red onions

Suggested Items
caramel cake
dinner rolls

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COOKING SEQUENCE

- Cut tomatoes and basil for salad - 5 minutes
- Prepare chicken recipe through step 3 - 10 minutes
- While chicken and sauce cooks, complete salad; serve - 15 minutes

chicken and dried fruit

INGREDIENTS

1 1/2 pounds boneless, skinless chicken thighs
4 tablespoons extra-virgin olive oil, divided
1 (7-ounce) package mixed dried fruit bits (raisins, apples, apricots, peaches, plums, cherries)
2 tablespoons pine nuts
1/2 cup chicken broth
1/4 cup red wine vinegar
1 teaspoon ground cinnamon

STEPS

1. Preheat large sauté pan on medium-high 2–3 minutes. Cut chicken into large chunks. Wash hands. 2. Place 2 tablespoons of the olive oil in pan; swirl to coat. Add chicken (wash hands); cook 10–14 minutes, turning often, or until internal temperature of chicken is 165°F. Use a meat thermometer to accurately ensure doneness. Remove from heat when done. 3. While chicken cooks, preheat medium sauté pan on medium 2–3 minutes. Place remaining 2 tablespoons olive oil in pan; swirl to coat. Add mixed fruit and pine nuts; cook 3–4 minutes, stirring often, or until mixture becomes fragrant. 4. Stir broth, vinegar, and cinnamon into fruit mixture; bring to a boil. Boil 3–5 minutes or until fruit softens and liquid is absorbed. Spoon or pour fruit sauce over chicken; stir to coat chicken and blend flavors. Serve.

CALORIES (per 1/4 recipe) 470kcal; FAT 23g; CHOL 140mg; SODIUM 280mg; CARB 33g; FIBER 4g; PROTEIN 35g; VIT A 25%; VIT C 4%; CALC 4%; IRON 20%

colorful bean salad

INGREDIENTS

1 (1-ounce) bag fresh basil (rinsed)
1 1/2 cups grape tomatoes (rinsed)
1 (16-ounce) bag frozen baby bean blend (green/yellow beans, carrots)
1/2 cup pre-diced red onions
1/4 cup balsamic vinaigrette
1/4 teaspoon salt
1/8 teaspoon pepper

STEPS

1. Chop basil, leaves only, finely; cut tomatoes in half and place both in salad bowl. 2. Thaw beans by placing in colander under cool running water 3–4 minutes, stirring occasionally, or until thawed. 3. Drain beans thoroughly or pat dry. Add beans and remaining ingredients to bowl. Toss until well blended; chill until ready to serve. (Makes 6 servings.)

CALORIES (per 1/6 recipe) 70kcal; FAT 3g; CHOL 0mg; SODIUM 230mg; CARB 9g; FIBER 3g; PROTEIN 1g; VIT A 25%; VIT C 15%; CALC 4%; IRON 4%

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