



Ingredients:

4-5 MEDIUM APPLES, SLICED, GRANNY SMITH
OR OTHER TART APPLE
1 LARGE ONION, THINLY SLICED
1 T BUTTER
6 BONELESS, SKINLESS CHICKEN BREASTS, 5 OZ EACH
¾ CUP SHREDDED SWISS CHEESE
¼ CUP SEASONED BREADCRUMBS
2 T UNSWEETENED APPLE JUICE CONCENTRATE
¼ t SALT
1/8 t PEPPER
¼ CUP GRATED PARMESAN CHEESE
½ t MINCED FRESH THYME OR ¼ t DRIED THYME

Directions

In a large skillet, sauté apples and onion in butter for 10 minutes or until tender. Transfer to a 9 x 13 x 2" baking dish coated with cooking spray. Top with chicken. Sprinkle with salt and pepper.

Bake uncovered at 350°F for 25-30 minutes. Remove from oven to add topping.

Combine cheese, bread crumbs and thyme. Sprinkle over chicken. Drizzle with apple Juice concentrate. Return to oven for 10 minutes.

Total Cook time: 35-40 minutes

Tip: Pork can be substituted for chicken