



*Partnering for a healthy community*



# Harvest Skillet Chicken with Apples, Brussels Sprouts and Sweet Potatoes

## Ingredients:

4 oz chicken, cut into bite sized pieces (Cal-47, Fat- 1g, Carb- 0g, Protein- 9g)  
¼ white onion, diced (Cal- 44, Fat- 1g, Carb- 8g, Protein- 1.2g)  
½ sweet potato, peeled and diced (Cal- 57, Fat- .05g, Carb- 13g, Protein- 1.1g)  
4 oz brussels sprouts, trimmed and halved or quartered (Cal- 19, Fat- 1.5g, Carb- 4g, Protein- 1.5g)  
1 clove garlic, minced (Cal- 6, Fat- 0g, Carb- 1g, Protein- 0.01g)  
½ teaspoon fresh thyme, chopped  
½ apple, diced (Cal- 30, Fat- 0.01g, Carb- 7g, Protein- 0.01g)  
¼ cup chicken broth (Cal- 3, Fat- 0.2g, Carb- 0.5g, Protein- 0.1g)  
½ teaspoon whole grain mustard (Cal- 2.5, Fat- 0g, Carb- 0g, Protein- 0g)  
½ tablespoons maple syrup (Cal- 67, Fat- 0g, Carb- 17g, Protein- 0g s)  
Salt and pepper to taste

Total: Cal- 275, Fat- 5.9g, Carbs- 50.5 g, Protein- 14g

## Equipment:

Cast Iron or Sautee pan, metal spatula, whisk, blender, small pot, tongs,  
chopping knife, cutting board, rubber spatula, measuring cups & spoons, regular table spoon

## Instructions:

Cook the chicken in a pan and cook until lightly golden brown, about 6-8 minutes, before setting aside.

Add the onion, sweet potato and brussels sprouts and cook until just tender, about 10-15 minutes before adding the garlic, thyme and apples and cooking until fragrant, about a minute.

Add the broth and deglaze the pan by scraping up any brown bits from the bottom of the pan with a wooden spoon while the broth sizzles.

Add the, chicken, mustard, maple syrup and salt and pepper and cook until the sauce thickens a bit, about 2-3 minutes.