

# Apple-Glazed Chicken



PREPARATION TIME

10 minutes



COOKING TIME

20 minutes



PERFECT PARTNER

red cabbage



To extend shelf life and preserve freshness, store the jar of unused apple jelly upside down in the refrigerator. This will keep the air out and help prevent the sugar from crystallizing.

## SHOPPING LIST

- chicken breasts
- white wine or chicken broth
- green onions • apple jelly

## ON HAND

- salt • pepper

## INGREDIENTS

- 1/4 cup apple jelly
- 3 tablespoons white wine or chicken broth
- 2 tablespoons thinly sliced green onions
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 skinless, boneless chicken breasts (4 ounces each)

SERVES 4

## COOK'N Express

- Keep jelly or jam jars easy to open. Before resealing, wipe the rim of both the jar and the lid with a moistened paper towel.
- Make the basting sauce in a jiffy using a wire whisk instead of a spoon. The tiny jelly particles will melt in an instant.

### Make Ahead

Make the jelly-wine mixture ahead and store in a jar in the refrigerator for up to 1 week. Reheat over low heat.

**1** Preheat broiler. Line broiler pan with foil; spray with cooking spray. Blend jelly and white wine in a small saucepan. Heat, stirring continually, over medium heat until jelly melts.



**3** Place chicken on prepared pan; brush with jelly mixture. Broil, turning and brushing with jelly mixture frequently, until juices run clear when meat is pierced with a knife, about 20 minutes.



### ♦ VARIATION

*Almost any fruit spread can be used in this recipe. Try cherry jelly or apricot jam to give chicken a new sweet flavor.*



**2** Reduce heat. Add green onions, salt and pepper to saucepan; stir to combine well. Reserve 1/3 of mixture; set aside.



**4** Heat reserved jelly mixture to serving temperature. Drizzle over chicken; serve immediately.