

CHICKEN & GRAPES

Time: 30 minutes

Serves: 2

Ingredients:

1 tablespoon extra-virgin olive oil
2 bone-in chicken breasts
½ teaspoon kosher salt
½ teaspoon fresh ground black pepper
1 cup chicken stock
2 teaspoons fresh thyme – finely chopped
1 cup red seedless grapes – halved
1 cup green seedless grapes - halved

Preparation:

Place a heavy cast pan on medium heat and add the olive oil.

Season both sides of the chicken breast with the salt and pepper.

Place the chicken in the pan skin-side down and cook for five minutes.

Turn the chicken skin-side up, add the stock and thyme, then bring to a boil. Reduce the heat to simmer and cook covered for ten minutes or until the internal temperature of the chicken reaches 155F.

Uncover the chicken and return heat to medium for five minutes to reduce the liquid.

Add the grapes and cook for two minutes, stirring occasionally.

Plate the chicken surrounded by the grapes and pour over the pan juice. Serve immediately.

Nutritional Information Per Serving:

Calories: 357
Fat: 15g
Carbs: 27g
Fibre: 1g
Protein: 30g