



# Sautéed Chicken and Apples

Servings: 2 | 30 minutes

## Ingredients

- 1 tablespoon olive oil
- 1 small sweet onion, thinly sliced
- 2 red apples, peeled and sliced
- 1 pound fresh skinless chicken breast, cut into strips
- 1 to 2 teaspoons finely chopped fresh rosemary
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper (skip if not tolerated)
- 1 tablespoon lemon juice

## Directions

1. In a large skillet over medium-high, heat the oil. Add the onion and apples, and sauté until soft and browned, about 5 minutes.
2. Meanwhile, place the chicken in a bowl and toss with the rosemary, salt, and pepper (if using).
3. Move the onions and apples to the side of the pan, placing the seasoned chicken in the middle. Cook the chicken, turning occasionally, until browned on both sides, 6 to 8 minutes.
4. Add the lemon juice. Cover the pan, reduce the heat to medium, and continue cooking until the chicken is thoroughly cooked, 3 to 5 minutes.

### Serving Option

If your child doesn't like foods mixed together, you can keep the apples and onions separate and serve them as a side with the chicken.