

Pan-Roasted Stilton Chicken with Apples

March 31, 2011



RECIPE SAVED

Ingredients

Serves 4

4 boneless skinless chicken breast halves (about 1 1/2 pounds)

1/4 teaspoon kosher salt

1/4 teaspoon freshly ground pepper

1 tablespoon chopped fresh rosemary

1 tablespoon unsalted butter

1 1/2 teaspoons extra-virgin olive oil

2 unpeeled Honeycrisp or Fuji apples, cored and sliced 1/4 inch thick
(about 2 1/4 cups)

2 ounces Stilton cheese, crumbled (about 1/3 cup)

Step 1

Preheat the oven to 425°F. Lightly oil a small, rimmed baking sheet with extra-virgin olive oil or coat with nonstick cooking spray. Season the chicken breasts with salt and pepper, and sprinkle with the rosemary.



turning once. Transfer to the baking sheet. Add the apple slices to the skillet and cook over medium-high heat for 3 to 4 minutes, or until slightly softened and lightly browned. Spoon the apples around the chicken, placing a couple of slices over each breast.

Step 3

Bake for 6 minutes or until the chicken feels slightly firm when pressed. Scatter the cheese over the chicken and apples. Continue baking another 2 minutes, or until the cheese is melted and the chicken is no longer pink in the center. Serve the chicken with the apples.

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