



## Chicken with Apples & Raisins

**Source:** *Cooking with Extension* | **Yield:** 6 (1-2 pieces of chicken and  $\frac{3}{4}$  cup vegetable mixture per serving)  
 643 calories, 18 g fat (2g sat., 6g mono, 1g poly), 168 mg cholesterol, 612 mg sodium, 531 mg potassium, 56 g carbohydrates, 5g dietary fiber, 40 g sugar, 78g protein

- 1 large onion
  - 2 large carrots
  - 2 medium apples
  - 1 teaspoon ground cinnamon
  - 1 teaspoon ground coriander
  - 1 teaspoon ground cumin
  - $\frac{1}{2}$  teaspoon salt, divided
  - $\frac{1}{4}$  teaspoon ground black pepper
  - 5 lbs. bone-in chicken pieces
  - 2 tablespoons canola oil, divided
  - 1 (15 ounce) can low-sodium chicken broth
  - $\frac{3}{4}$  cup raisins
  - $\frac{1}{2}$  cup chopped nuts (walnuts, almonds or pecans), optional
  - $\frac{1}{4}$  cup fresh parsley and/or cilantro, optional
1. Peel & dice onion. Rinse, peel & dice carrots. Rinse and dice apples.
  2. If using, chop nuts. Rinse & mince parsley or cilantro.
  3. In small bowl, mix cinnamon, coriander, cumin,  $\frac{1}{4}$  tsp. salt and pepper.
  4. Pat chicken dry with paper towels. Remove skin. If using whole legs, separate thigh & drumstick. If using bone-in breasts, cut in half on diagonal so pieces are almost even. Rub chicken pieces with spice mixture.
  5. In large skillet over medium heat, heat 1 Tbsp. oil. Add onions, carrots & apples. Cook, stirring occasionally, until starting to brown, about 15 minutes. Transfer to a medium bowl.
  6. Add remaining 1 Tbsp. oil to skillet. Brown chicken in 2 batches, 2-4 minutes per side. Return all chicken pieces to skillet; add broth. Bring to a simmer. Cook, turning occasionally, until chicken reaches internal temperature of 165°F, about 15-25 minutes depending on size of the pieces. Transfer cooked chicken to a clean plate.
  7. Add raisins, vegetable mixture, and remaining  $\frac{1}{4}$  tsp. salt to skillet. Bring to a simmer and cook until liquid is almost gone, 5-10 minutes more. Serve over cooked chicken. If using, top with nuts & herbs.