

Angels Cook Book



One-Pan Autumn Apple Chicken Breasts

2 tablespoons olive oil, divided	1 ½ teaspoons chopped fresh rosemary
1 tablespoon butter	½ teaspoon chopped fresh thyme
4 (6 ounce) bone-in, skin-on chicken breasts	½ teaspoon salt
salt and ground black pepper to taste	¼ teaspoon poultry seasoning
2 medium apples, cored and thinly sliced	¼ teaspoon black pepper
1 small yellow onion, thinly sliced	½ cup chicken broth
1 tablespoon chopped sage	¼ cup heavy whipping cream
	2 teaspoons honey
	1 teaspoon Dijon mustard

Instructions:

Heat 1 tablespoon olive oil and butter in a large oven-safe skillet over medium-high heat. Season both sides of the chicken breasts with salt and pepper and add to the hot skillet, skin-side down, leaving at least 1 inch between the breasts to ensure even cooking and browning. Cook until the skin is browned, about 6 minutes. Turn and cook for an additional 6 minutes until browned on both sides. Transfer chicken breasts to a plate.

Add remaining 1 tablespoon olive oil to the skillet and stir in apples and onion. Cook, stirring occasionally, for 4 minutes. Season with sage, rosemary, thyme, salt, poultry seasoning, and pepper; stir to combine.

While apples are cooking, whisk together chicken broth, whipping cream, honey, and mustard in a small bowl. Pour broth mixture in with the seasoned apples and onions and gently scrape browned bits from the bottom using a wooden spoon. Slide chicken breasts back into the skillet, nestling them between onions and apples.

Transfer skillet to the preheated oven and cook until chicken is no longer pink at the bone and the juices run clear, about 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Nutritional Information

Serving Size: 4 servings • Calories: 384
www.allrecipes.com/recipe/276512



Healthy Pumpkin Cranberry Muffins

½ cup milk	¼ teaspoon salt
1 ½ teaspoons white vinegar	1 cup canned pumpkin
½ cup whole wheat flour	½ cup packed brown sugar
½ cup all-purpose flour	¼ cup white sugar
½ cup quick cooking oats	2 tablespoons vegetable oil
1 teaspoon baking soda	1 egg
¾ teaspoon ground ginger	½ cup coarsely chopped fresh cranberries
½ teaspoon baking powder	¼ cup dried cranberries
½ teaspoon ground cinnamon	
¼ teaspoon ground nutmeg	

Instructions:

Preheat oven to 375 degrees F (190 degrees C). Line 12 muffin cups with paper liners.

Stir milk and vinegar together in a small bowl.

Mix whole wheat flour, all-purpose flour, oats, baking soda, ginger, baking powder, cinnamon, nutmeg, and salt in a large bowl.

Whisk pumpkin, brown sugar, white sugar, vegetable oil, and egg together in a separate bowl; beat in milk mixture until smooth. Stir flour mixture into pumpkin mixture until just combined. Fold in fresh and dried cranberries. Spoon batter into the prepared muffin cups.

Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 25 minutes. Cool muffins in the pan for 5 minutes before removing to wire rack to cool completely.

Nutritional Information

Serving Size: 12 servings • Calories: 149
www.allrecipes.com/recipe/232460