

Chicken Breast with Apple-Curry Sauce

INGREDIENTS

- 3 teaspoons of cooking oil of choice
- 4 small skinless, boneless chicken breast halves (4 to 5 ounces each)
- 1 Golden Delicious apple, peeled, cored and sliced
- 1 small onion, sliced
- 1 1/2 teaspoons curry powder
- 1/4 teaspoon salt
- 1/2 cup mango chutney

DIRECTIONS

In a nonstick 12-inch skillet, heat 1 teaspoon oil over medium-high heat until very hot. Add the chicken and cook until the chicken is golden brown and loses its pink color throughout, 4 to 5 minutes per side. Remove the chicken from the skillet and reduce the heat to medium. Add the remaining 2 teaspoons oil to the skillet. Add the apples and onions. Cook, stirring, until tender. Stir in the curry powder and salt; cook 1 minute. Stir in the chutney and 1/2 cup water. Heat to boiling and boil for 1 minute. Spoon the sauce equally over the chicken breasts.