



Chicken Thighs with Apples and Apple Cider Sauce

Makes 4 servings ~ \$9.60 (\$2.40 per serving)

Ingredients

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| 4 boneless chicken thighs | 3 star anise pods |
| Salt and pepper | 1 cinnamon stick |
| 3 tablespoons butter or oil | 1/4 teaspoon allspice |
| 2 apples, peeled, cored and sliced 1/2 inch | 2 tablespoons cold butter, small cubes |
| 2 cups apple cider | 1 teaspoon fresh lemon juice (1/2 lemon) |
| 1 teaspoon apple cider vinegar | 1 teaspoon fresh thyme leaves |

Directions

1. Heat oil in a deep skillet. Season chicken thighs with salt and pepper and sear skin side down until crispy. Reduce heat and turn chicken thighs over. Cook on lower heat for 3 minutes.
 2. Raise heat a bit and add next six ingredients (apples, apple cider, apple cider vinegar, anise pods, cinnamon, allspice) and cook for an additional 6 minutes, scraping bottom of pan to pick up chicken pieces.
 3. Remove chicken thighs, cover with foil and keep warm. Raise heat to reduce sauce and bring to a boil.
 4. Whisk the butter, thyme and lemon juice in to create a sauce. Taste for seasoning. Return chicken to pan and serve.
- Serve over creamy polenta or rice.

Notes:

- I prefer creamy polenta.
- This goes wonderfully with pork as well.
- You can substitute the apples with apricots or peaches in the summer.
- If you prefer a thicker sauce – stir in 1 teaspoon cornstarch mixed with cold water. Make sure to cook for 2 minutes more.

Recipe courtesy of Tracy Pikhart Ritter.

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