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## Cider-Dijon Chicken breast with Roasted Sweet Potatoes and Apples

\*\*Need 2, 9x11" or larger aluminum pans

### **Ingredients:**

3 lbs. boneless chicken breast, cut into 1.5" wide strips (or tenderloins)  
2 tablespoons olive oil for pan frying chicken  
2 cups of apple cider or apple juice  
2 tablespoons of Dijon mustard  
2 pounds of red-skinned sweet potatoes (yams), peeled and into 1" bite size pieces  
4 Pink Lady or Fuji apples, cored and cut lengthwise into 1" bite size pieces  
4 sprigs of fresh rosemary, cut into 1" pieces  
4 tablespoons of olive oil for oven roasting veggies and apples  
Kosher salt and freshly ground black pepper

### **Directions:**

1. Remove the chicken from the refrigerator and let stand at room temperature while the oven preheats. Preheat the oven to 450°F. Place a large rimmed baking sheet in the oven and heat until very hot.
2. In a large bowl, toss the prepared sweet potatoes, apples and rosemary with the olive oil to coat. Season with salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables and apples on it. Roast for 15 minutes, turning the ingredients over halfway through (we will be reheating at Lifebridge, so it's okay that the apples and potatoes are not quite soft following the 15 minutes total roasting time).
3. While potatoes and apples roast, cook the chicken: Season the chicken with salt and pepper. Heat a large heavy skillet over medium-high heat. Add the olive oil, then add the chicken strips or tenderloins to the skillet and cook for about 3 minutes per side, or until golden brown and barely pink on the inside. Transfer to a disposable 9x11 or 11x14 disposable foil pan.
4. Pour off all but 1 teaspoon of the oil from the skillet, leaving the brown bits in the pan. Return the pan to medium-low heat, add the apple cider, and bring to a simmer, scraping up the brown bits with a wooden spoon. Whisk in the mustard and simmer for about 2 minutes to reduce the liquid slightly. Pour sauce over chicken. Cool and then cover.
5. Once veggies and apples are done roasting place in disposable 9x11 or 11x14 pan, cool and cover.

Adapted from: <http://www.epicurious.com/recipes/food/views/cider-dijon-pork-chops-with-roasted-sweet-potatoes-and-apples-51163600>