

Cider Glazed Chicken

- 1 cup apple cider
- 1 cup low sodium chicken broth
- 1 cinnamon stick (3" long or a couple of pinches of ground)
- 4 whole cloves (or a tiny pinch of ground)
- 4 peppercorns
- 1/3 cup minced shallot or onion
- 4 boneless, skinless chicken breasts, pounded to 1/2" thickness
- 2 tablespoons butter
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried thyme

In a large saucepan, combine cider, broth, cinnamon, cloves, peppercorns and shallots. Bring to a boil and reduce to 1/4 cup, removing cinnamon stick, cloves and peppercorns when done. Meanwhile, in a large skillet, melt butter. Add chicken breasts and sprinkle with half the salt, pepper and thyme. Cover and cook until chicken is well browned. Turn over and sprinkle with remaining half of salt, pepper and thyme. Cover and cook until chicken is just done. Remove to a platter and keep warm. Pour the reduced cider mixture into the skillet and bring to a boil, stirring up any bits from browning the chicken. Pour sauce over chicken breasts (or slice and then pour sauce over) and serve.