

Ashley's Meal Prep Monday!

Harvest Chicken Skillet



INGREDIENTS

1 TBSP olive oil
1 LB boneless skinless chicken breasts-cut into 1/2 inch cubes
salt/pepper
4 slices thick cut bacon - chopped
3 cups brussels sprouts - trimmed and quartered
1 medium sweet potato - peeled and cut into cubes
1 medium onion - chopped
2 Granny Smith apples - peeled, cored and cut into cubes
4 cloves garlic - minced
2 TSP chopped fresh thyme
1 TSP cinnamon
1 TSP nutmeg
1 cup reduced sodium chicken broth - divided



- Heat oil in large skillet over medium high heat and add the chicken with salt/pepper. Cook until lightly browned and cooked through. Transfer to plate lined with a paper towel.
- Reduce heat to medium low and add in chopped bacon. Cook until crisp and brown. About 8-ish minutes. With a slotted spoon, transfer bacon to a paper towel lined plate - discard all but 1 1/2 TBSP bacon fat from pan.
- Increase heat in skillet back to medium-high and add brussels, sweet potato and onion - salt/pepepr. Cook while stirring occasionally for about 10 minutes.
- Stir in apples, garlic, thyme cinnamon and nutmeg. Cook for about 30 seconds then pour in 1/2 cup of broth. Bring to a boil and cook until evaporated. Add chicken and remaining 1/2 cup of broth. Cook about 2 minutes before adding in bacon.
- For a sweeter flavor, drizzle maple syrup on top and serve warm

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