

Cider Glazed Chicken

Servings: 2

Adapted from Cooking Light October 2010

Ingredients

1 teaspoon butter
2 boneless, skinless chicken breasts, pounded to 1/4-1/2 inch thickness
1/2 teaspoon salt, divided
1/2 teaspoon pepper
1/4 cup refrigerated apple cider
1/2 teaspoon Dijon mustard
1 package frozen sugar snap peas

Preparation

1) Melt 1 teaspoon butter in a large heavy skillet over medium-high heat. Sprinkle chicken with 1/4 teaspoon salt and pepper. Add chicken to pan; cook 3-5 minutes on each side or until done. Remove from pan. Add cider and mustard to pan, scraping pan to loosen browned bits; cook 2 to 3 minutes or until syrupy. Add chicken to pan, turning to coat. Remove from heat; set aside.
2) Steam sugar snap peas according to package. Serve with chicken and sweet potato latkes (below).

Sweet Potato Latkes

Servings: 2 (3 each)

Adapted from Cooking Light December 2011

Ingredients

1 sweet potato, peeled
1 1/2 tablespoons all-purpose flour
1 large egg, lightly beaten
1 green onion, sliced
1/8 teaspoon salt
Vegetable oil

Preparation

1) Grate potatoes through large holes of a box grater. Stir together potatoes and flour. Stir in eggs and next 2 ingredients until blended.
2) Pour oil to depth of 1/2 inch into a medium skillet; heat to 350°.
3) Gently press 1 rounded tablespoonful potato mixture into a patty. Repeat procedure, making about 6 patties. Fry, in batches, 2 to 3 minutes on each side or until golden. Drain on paper towels. Serve immediately with chicken and snap peas.