

# Kosher Deli Recipes

## Boneless Chicken with Maple and Fruit



Boneless Chicken with Maple and Fruit is an easy chicken recipe that can be prepared with apples, peaches, nectarines or pears, whatever is in season. Ready in minutes.

### Ingredients:

- 4 boneless, skinless chicken breasts or 8 boneless, skinless chicken thighs
- 1 tbsp. oil
- 1 medium onion, diced
- 2 crisp apples, firm peaches or nectarines or pears, not too soft, cored or pitted, sliced into thin pieces
- 3 tbsp. maple syrup
- 1 tbsp. soy sauce
- 1/8 tsp. garlic powder
- Chopped thyme, chives or basil, as garnish

Heat oil to medium heat in a large skillet. Cook chicken for about 4-5 minutes on each side. Add onions and saute together with chicken for another 4-5 minutes.

Add fruit and cook until it begins to brown slightly, turning pieces over so that both sides are golden. Add maple syrup, soy sauce and garlic powder. Bring mixture to a light boil, cover and reduce heat to simmer, until chicken is cooked through.

Serve over noodles or rice and garnish with chopped basil, thyme or chives.

Serves: 4