
Apple-Poached Chicken with Roasted-Pepper Sauce

Kid-approved tweak: *Serve the chicken with their favorite barbecue sauce or ketchup instead of the roasted-pepper sauce.*

1¼ pounds skinless, boneless chicken breasts

About 4½ cups unsweetened apple juice

¼ teaspoon salt

¼ teaspoon black pepper

6 cloves garlic, peeled

4 large red bell peppers (2¼ pounds),
cut lengthwise into flat panels

⅓ cup cashews

¼ cup olive oil

¼ cup distilled white vinegar



1. In a skillet big enough to hold the chicken in a single layer, place the chicken, apple juice (*enough to just cover the chicken*), salt, pepper and garlic. Bring to a simmer over medium heat. Cook, uncovered, at a bare simmer (*do not boil*) until the chicken is still slightly pink in the center, about 10 minutes.
2. Remove from the heat and let cool in the liquid (*where it will continue cooking*). Measure out and reserve ¼ cup of the cooking liquid. Fish out the garlic and set aside.
3. Meanwhile, preheat the broiler. Broil the pepper pieces, skin-side up, 4 inches from the heat until the skin is completely charred, about 12 minutes. Turn the pepper pieces skin-side down and let cool on the broiler pan. When cool enough to handle, discard the skin.
4. In a food processor, combine the poached garlic and cashews, and process to a coarse puree. Add the skinned peppers, reserved cooking liquid, oil and vinegar, and process to a smooth puree.
5. To serve, cut the chicken across the grain into ¼-inch slices and serve with the sauce.

Makes 6 servings

Total time: 50 minutes

Per serving: 300 calories, 15 g fat, 19 g carbohydrates (3.8 g fiber), 22 g protein, 152 mg sodium

