

## Good Vibes Apple Cider Chicken Skillet

Sweet, savory, and one-pan easy. Tender chicken thighs simmered in apple cider with caramelized onions, garlic, and rosemary — plus golden sautéed apple slices.

### Ingredients (4 servings)

- 6 bone-in, skin-on chicken thighs
- 2 tbsp olive oil
- Salt & black pepper
- 1 large onion, thinly sliced
- 2 garlic cloves, minced
- 1 cup apple cider (not vinegar)
- ½ cup low-sodium chicken broth
- 1 tbsp Dijon mustard
- 2 fresh rosemary sprigs
- 2 apples, cored and sliced into wedges



### Instructions

1. Pat chicken dry, season with salt and pepper. Heat olive oil in a large skillet over medium-high. Sear chicken thighs skin-side down for 6–7 minutes until golden; flip and cook 3 minutes. Transfer to plate.
2. In same skillet, add onion and sauté until soft. Add garlic and cook 1 minute.
3. Deglaze with apple cider, scraping browned bits. Stir in broth, Dijon, and rosemary.
4. Return chicken to skillet, skin-side up. Cover and simmer 25 minutes until cooked through (165°F).
5. Add apple slices for last 5 minutes, letting them soften but keep shape.
6. Serve chicken with apples and pan sauce spooned over top.

**Nutrition (per serving)**

- Calories: 430
- Protein: 34g
- Carbs: 15g
- Fiber: 2g
- Fat: 25g
- Sodium: 510mg