

Skillet Chicken with Fruit (and/or Veg)



This “recipe” is more of a formula than a detailed recipe.

Chicken + veggies or fruit + flour + broth + Flavor Bombs = Skillet Chicken.

This dish works with any kind of chicken - boneless or on the bone. I usually use boneless breasts or thighs, which can be left whole or cut into chunks. Large breasts on the bone should be cut in half to match the size of thighs or legs, so everything cooks at the same rate. Remember, chicken must always be cooked to 165 degrees. If you’re using chicken on the bone, cooking time will be slightly longer.

Use either vegetable or chicken broth. You can use water too, if that’s all you have, but broth is more flavorful. Or mix water half and half with white wine.

The real variation in this dish comes from the other ingredients. It started out as a recipe for Chicken with Artichokes and Mushrooms, but over the years I found that the technique works with almost anything. Serve with rice, pasta, or a dinner roll.

Here are some combinations I have used. Use what you have and what you like.

- Apples or Peaches + Onion + Walnuts or Pecans
- Mushrooms + Onion + Artichoke Hearts (add garlic)
- Zucchini + Bell Pepper + Olives (add garlic)
- Green Beans + Carrots + Walnuts

Ingredients

1 lb boneless chicken, cut into cubes
¼ C flour seasoned w/ salt & pepper
About 3 TBSP neutral oil
1 small onion, sliced
Optional: 1 cob of corn, kernels removed
About ½ lb fresh fruit, cut up (about 2 medium peaches)
1 C broth, chicken or vegetable
1 C roughly chopped pecans
Salt & pepper
About ¼ - ½ tsp cinnamon
About ¼ tsp smoked paprika

Directions

1. Toss chicken with seasoned flour.
2. In a large skillet, cook chicken for about 8 minutes, until lightly browned. Then remove it and set aside. The chicken will not be cooked through yet.
3. Add more oil if needed and cook onion and corn (plus any other raw vegetables) until barely tender.
4. Add chicken back to the pan, along with peaches (and/or any softer ingredients such as canned or frozen vegetables, fruit, or flavor bombs like nuts, capers, olives, sundried tomatoes, or artichoke hearts). Add broth, cinnamon, and paprika; bring to a boil, cover, and lower to a simmer until the chicken is done, about 10 to 15 minutes.
5. If the sauce isn’t thick enough, remove about ¼ cup of the pan liquid, mix with a tablespoon of flour until smooth, then add back to the pan, and stir it around for a couple more minutes.

