Apple Dijon Chicken with Cranberry Pecan Pilaf

Cooking Instructions

This dish has 3 parts: Chicken, Apple Cider Dijon Glaze, and Cranberry Pecan Rice Pilaf.

Rice:

1. Add 1 tablespoon of your favorite oil to a small saucepan over medium-high heat.
2. Add rice mix and stir constantly until it begins to brown.
3. Add 1 cup plus 2 tablespoons water and bring to a boil.
4. Lower heat, cover, and simmer 16 minutes, until done to taste.

QuickThaw: QuickThaw chicken by submerging the well-sealed bag in water for 15–20 minutes.

Cooking Method: QuickThaw/Sauté

Chicken: Once thawed, sauté chicken over medium-low heat, flipping once, until internal temp reaches 165°F.

Cider Glaze: Add frozen or thawed apple cider glaze to a small skillet and simmer over medium heat, stirring frequently, until sauce thickens to a honey-like consistency.

Internal temp: 165°F.

Serving Suggestions: Spoon Cider Glaze over chicken. Serve with green beans and Cranberry Pecan Rice.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.

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