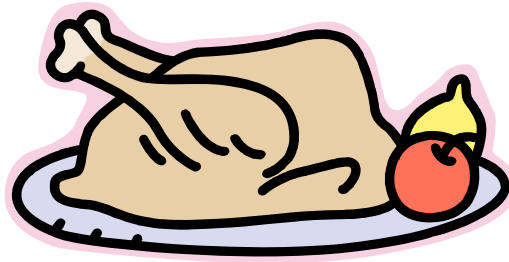


Roast Chicken with Apples and Onions



4 small skinless, bone-in chicken breasts (about 1 lb)
1 firm large apple, such as Fuji or Granny Smith, cored and thinly sliced
1 large yellow onion, peeled and thinly sliced
1 cup fat free, reduced-sodium chicken broth
 $\frac{1}{2}$ cup unsweetened apple juice
1 tsp. dried thyme
Salt and freshly ground black pepper, to taste

Preheat oven to 375 degrees. Place chicken breasts, apples and onions in baking pan. Mix broth with juice, thyme, salt and pepper. Pour over chicken and bake 45 minutes to 1 hour, basting with pan juices every 20 minutes until juices run clear when thickest part is pierced with knife.

Makes 4 servings.

Per serving: 140 calories, 1 g total fat (0 g saturated fat), 10 g carbohydrates, 21 g protein, 1g dietary fiber, 190 mg sodium.