

Cherry Skillet Chicken

<http://myproductivebackyard.com/?p=2553&preview=true>



Ingredients:

2 pounds boneless, skinless chicken breasts
1/2 cup chopped, dried sweet cherries
1/3 cup hot water
1/2 cup chicken broth
2 Tbsp white wine vinegar, or what you like
1/4 tsp salt

Instructions:

Chicken: Trim fat. It is optional but will help it cook more evenly and quickly to flatten each piece to about 1 inch thick. Put meat between layers of wax paper and use a rolling pin or meat tenderizer. You could also just cut them in half width wise.

Cherries: soak the cherries in hot water for about 5 minutes to soften.

Assembly for freezer: Drain cherries and put all ingredients into a labeled, gallon, freezer Ziploc bag. Make sure the liquid is all around the chicken. Freeze.

To cook:

Thaw.

Heat coconut oil (or oil of your choice) in a large skillet over medium heat. Electric skillet is about 325*. Adjust if needed.

Add the chicken and cook until it is brown, about 3 minutes each side.

Reduce the heat to medium low.

Pour cherries and liquid into skillet, cover and simmer for about 15 minutes or until chicken is cooked through. Flip the chicken once or twice for even cooking.