

Cranberry Stuffed Chicken Breasts

1 teaspoon olive oil
4 boneless, skinless chicken breasts, about 4 to 6 ounces each
1 small tart apple, peeled and diced
1 1/2 tablespoons olive oil
1/2 cup dried cranberries
1/4 cup balsamic vinegar
1 shallot, diced
3/4 cup chicken stock

Heat 1 teaspoon oil in a skillet over medium high heat. Cook the diced apple until tender, about 3 to 4 minutes. In a small bowl, mix the cooked apple, cranberries, shallots and a splash of the chicken stock and set aside. Cut a deep horizontal pocket in the side of each chicken breast. Make the pocket as large as you can without piercing the top or bottom of the breast. Place 1/4 of the apple mixture in the pocket of each chicken breast. Secure the pocket with toothpicks threading along the side to close. Heat the remaining 1 1/2 tablespoons oil in a heavy oven-proof skillet until it begins to smoke. Cook each side of the chicken until golden brown.. Add the vinegar and chicken stock and bring to a boil. Lower the heat and gently simmer the chicken for 2 or 3 minutes per side until cooked through. Remove the chicken breasts from the skillet and keep warm. Continue to cook the sauce until it is reduced to a thick syrup. Taste the sauce and season with salt and pepper.

Spoon the sauce over each chicken breast to serve.

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