

Braised Chicken with Apples and Cabbage

Season: Autumn/Winter

3-4 lb. chicken breasts
1 cabbage, shredded
3-4 apples, cored and sliced
1 medium onion, sliced
2 T. fennel seeds
salt and pepper to taste
3-4 c. chicken stock

Brown chicken breasts in oil, remove to plate. Saute vegetables and fennel seeds until cabbage and onions begin to turn translucent. Add chicken back into the skillet, cover with chicken stock, cover and simmer for 20-30 minutes, until chicken is cooked through.

Serve with root vegetables (beets and carrots), and brown rice.

Serves 8-10.