



Fennel crusted chicken with roasted vegetables

3/4 pound carrots, peeled and cut into 3-inch sticks

1 medium red onion, cut into 1/2 inch wedges

salt and pepper

4 boneless skinless chicken breasts

fennel seeds

3/4 c. apple cider

2 tsp. honey

Heat oven to 400 degrees. On a large rimmed baking sheet, toss the carrots, onion, 2 Tbsp olive oil, 1/2 tsp salt and 1/4 tsp pepper. Roast for 20 minutes. Meanwhile, season the chicken with 1/2 tsp salt and 1/4 tsp pepper, and coat with fennel seeds. Heat 2 tsp olive oil in a large skillet over medium-high heat. Cook the chicken, turning occasionally, until browned on all sides (6-8 minutes per side). Transfer the chicken to the baking sheet with the vegetables and roast until the chicken is cooked through and the vegetables are tender (16-20 minutes or more). Let the chicken rest before slicing. Meanwhile, in a small saucepan, combine the cider and honey. Boil until reduced by half (4-6 minutes). Serve over the chicken and vegetables.

adapted from Real Simple

