

French Onion Baked Chicken



Ingredients:

2 tablespoons of olive oil
4 tablespoons salted butter
2 sweet yellow or white onions, sliced into thin rounds
1 teaspoon granulated sugar
½ teaspoon coarse sea salt
2 to 3 sprigs fresh thyme, leaves removed (*plus more for garnish*)
1 bay leaf
1 to 2 cloves garlic, minced
4 boneless skinless chicken breasts (*6 ounces each*)
½ teaspoon black pepper
1 tablespoon all-purpose flour
½ cup dry white wine (like Sauvignon Blanc, optional)
1 cup beef stock
¼ pound provolone cheese, grated (*about 1 cup*)
¼ pound Swiss cheese, grated (*about 1 cup*)

Prep Time: 20 min. | Cooking Time: 60 min.

Instructions:

Heat olive oil and butter in a 10-inch cast-iron skillet over medium heat. Add sliced onions and sauté until soft, about 10 minutes.

Add sugar, sea salt, thyme, and bay leaf to onions. Continue cooking until onions are caramelized, about 15-20 minutes, stirring occasionally. Add a splash of wine or beef broth if onions darken too quickly.

In the last minutes of caramelizing, add garlic and cook for 2 minutes; avoid burning. While onions cook, pat chicken dry and pound to ½ to ¾-inch thickness. Season with black pepper.

Remove onions from skillet. Increase heat to medium-high and add chicken. Sear until browned, 3-4 minutes per side.

Preheat oven to 350°F (175°C).

Remove chicken and add onions back to skillet. Sprinkle with flour, cook 1-2 minutes. Add wine, simmer 2-3 minutes. Add beef broth, simmer until thickened.

Return chicken to skillet, top with cheese.

Bake in oven for 20-25 minutes until cheese melts and chicken reaches 165°F.

Garnish with fresh thyme and serve with onions and sauce.