The Mount Sinai Heart Program: A New Era in Cardiovascular Care Comes to the South Shore

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Launching a New Era in Cardiovascular Care

As coronavirus upended our daily living and impacted the health of our community, Mount Sinai South Nassau’s front-line staff of health care professionals answered the call of duty, working long hours to deliver care and compassion to the thousands of patients sickened with COVID-19. And in response, our community gathered around us to support our heroes. Donations of thousands of hot meals, sandwiches, snacks, personal protective equipment, and medical supplies along with generous gifts to the COVID-19 Relief Fund warmed the hearts of our staff and gave them the strength and courage to carry on. And for that, we are grateful.

During the crisis, heart attacks, strokes, and cardiac arrests didn’t stop for COVID-19. Data shows that fewer people called 911 between January and April of this year due to fear of exposure to coronavirus, according to the American Heart Association.

Heart disease remains a top killer. One person dies every 37 seconds in the United States from cardiovascular disease, according to the Centers for Disease Control. That is more than 647,000 Americans every year, making heart disease the No. 1 cause of death. In Nassau County, nearly four out of every 10 deaths are related to some form of heart disease.

These alarming statistics provide a compelling backdrop for Mount Sinai South Nassau’s announcement of our major initiative focusing on preventing, diagnosing, treating, and curing heart disease. We are uniquely positioned to take a stand against this serious public health threat and provide the community we serve with every tool available to help combat this disease.

In this issue of Healthy Outlook, you will read about the many ways in which our partnership with The Mount Sinai Hospital, ranked No. 6 in the nation for cardiology and heart surgery by U.S. News & World Report, has already had a positive effect on the health care services we provide to residents of our surrounding communities. With the launch of Mount Sinai Heart at Mount Sinai South Nassau, we proudly became the only Long Island location for the renowned Mount Sinai Heart program.

Along with offering a vast array of diagnostic technology and advanced treatment options, Mount Sinai South Nassau’s staff now includes world-class experts who have helped us expand a program focused on heart failure and provide specialized cardiac services to children through our Pediatric Cardiology program (see page 6).

At Mount Sinai South Nassau, we’re stepping up to provide our patients with the absolute best cardiac care available close to home—right here on the South Shore.

Wishing you continued health and happiness!
Ranked No. 6 nationally for Cardiology and Heart Surgery by U.S. News & World Report, Mount Sinai Heart is celebrated internationally as a world leader in all facets of cardiology care, cardiac surgery, and advanced research.

Mount Sinai Heart
Comes to the South Shore

Mount Sinai Heart on Long Island

Mount Sinai South Nassau’s Division of Cardiology has joined the world-renowned Mount Sinai Heart program of The Mount Sinai Hospital to become the first and only Mount Sinai Heart location on Long Island. It features a roster of cardiovascular specialists with top expertise in a range of services from interventional cardiology to electrophysiology.

“…this new partnership with Mount Sinai Heart will up the game and allow us to do more complex procedures and permit our patients to have ready access to some of the top cardiologists and ‘super-specialists’…”

— Richard J. Murphy, President and CEO, Mount Sinai South Nassau

"We’re thrilled to work with the Mount Sinai South Nassau team to bring pioneering cardiac care and research to patients on Long Island," said Dr. Fuster. “Our colleagues on Long Island are leaders in their own right, but we believe together we will advance care and provide greater access to the highest quality and most successful life-saving cardiac procedures and therapeutics based on each patient’s individual needs.”

Mount Sinai South Nassau’s alignment with Mount Sinai Heart is essential to its mission to meet the ever-rising need for advanced interventional cardiology services on Long Island, where the impact of cardiovascular disease grows as the population ages. Approximately 40 percent of all deaths in Nassau County are attributable to some form of heart disease. Patients treated at Mount Sinai Heart at Mount Sinai South Nassau have access to a comprehensive network of board certified cardiologists and cardiac surgeons who use the latest advancements in medical technologies to treat the full range of cardiovascular conditions, from coronary artery disease to hypertension management and prevention, in most cases right in their own community, without having to travel to New York City.

“Having to trek into the city can be very taxing on both patients and their families,” said Aaron E. Glatt, MD, MACP, Chair of the Department of Medicine at Mount Sinai South Nassau. “While we already have an impressive track record for providing top cardiology care, we are now able to provide even more advanced cardiac care right here on Long Island.”

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Bouncing Back from Heart Failure

Clifford Bauer, 74, has had more than his share of medical problems. In addition to triple bypass surgery at 47, the grandfather of four has had to cope with high blood pressure, heart failure, type 2 diabetes, abnormal heart rhythm, and high cholesterol. On top of that, last year, the Oceanside resident survived a cardiac arrest.

Just when the retired executive did not think his health problems could worsen, he began experiencing shortness of breath, abdominal bloating and weight gain—signs and symptoms of advanced heart failure. “I weighed 145 pounds at the start of last summer and by September, I was up to 160 pounds,” recalled Mr. Bauer who is one of 5.7 million adults in the United States with heart failure, according to the American Heart Association. “And I couldn’t walk 100 yards without resting.”

Raul Mendoza, MD, a Mount Sinai South Nassau cardiologist and Associate Chair of Medicine, admitted Mr. Bauer to the hospital to treat his worsening heart failure. After doctors performed a procedure to drain the excess fluid from his abdomen, Dr. Mendoza referred Mr. Bauer to heart failure specialist Noah Moss, MD, at The Mount Sinai Hospital. Dr. Moss placed Mr. Bauer on a new medication for heart failure, but his abdominal bloating continued, as did his shortness of breath.

“He was very short of breath and had swelling in his legs and fluid in his abdomen,” said Dr. Moss. “He wasn’t reacting to the medications the way he should have. Most notable was that blood tests showed he had a rapid deterioration of his kidney function, and I had a hunch that he might have a blockage of an artery supplying blood to the kidneys.”

Dr. Moss trusted his hunch and ordered a kidney scan and ultrasound, which revealed a 95 percent blockage in an artery supplying blood to Mr. Bauer’s right kidney. Once doctors implanted stents in the artery, tiny tubes that help restore blood flow to an organ, Mr. Bauer’s symptoms began to clear up.

“After the stents were put in, I told the aide wheeling me back to my room that I think I can breathe better,” said Mr. Bauer.

Joint Commission Recognizes Mount Sinai South Nassau’s Heart Failure Program

Mount Sinai South Nassau has the only Joint Commission disease-specific certified heart failure program in Nassau County. The program treats all types of heart failure, including left and right ventricular failure, systolic and diastolic heart failure, aortic stenosis, amyloidosis, cardiomyopathy, and hypertrophic cardiomyopathy.

The Heart Failure program comprises a board certified heart failure specialist, a clinical cardiologist and intensivist in addition to nurse practitioners, nurses, pharmacists, nutritionists, physical therapists, and social workers.
“And by the time I got back to my room, I was breathing 100 percent better.”

Now, Mr. Bauer says, “I’m back. I really can’t believe it. I wake up, thank God and get on with my day,” he said. On Wednesdays, I pick up my granddaughter from nursery school. I used to stay on the couch and not play with her. Now I can play with her. She’s a whirlwind of energy.”

“He’s a miracle,” said Anne Bauer, his wife. “He was using a walker and a cane and now he doesn’t need anything to walk.”

In addition to prescribing medications for his blood pressure, abnormal heart rhythm, and heart failure, Dr. Moss put Mr. Bauer on a low-sodium diet and advised him to continue to track his fluid intake and weight. “He has made an amazing improvement in just a few months,” said Dr. Moss, who will continue to monitor him and optimize his medications.

Mr. Bauer could not be happier. “Dr. Moss is my lifesaver,” he said. “He knows what he’s doing and he’s the best doctor I’ve ever met. I feel 100 percent better.”

Raul Mendoza, MD, Mount Sinai South Nassau’s Associate Chair of Medicine, and Noah Moss, MD, heart failure specialist and Medical Director of the Mechanical Circulatory Support Center at The Mount Sinai Hospital, worked together as a team to relieve Mr. Bauer’s symptoms and improve his quality of life.

New Technology
In addition to the expanded staff and services, Mount Sinai Heart at Mount Sinai South Nassau already has invested in new technologies and procedures, including:

Rotational Atherectomy is a revolving diamond-tipped drill-like instrument that spins at a high speed to effectively break up complex calcified plaque in a clogged coronary artery, restoring blood flow to the heart.

The Impella, the world’s smallest heart pump, is a temporary, assistive heart pump for patients with diminished heart function. The Impella draws blood out of the heart and pumps it into the aorta, partially or fully bypassing the left ventricle. It is implanted in the left side of a patient’s heart through a small incision in the femoral artery (major artery in the leg).

CardioMems uses a small receiver without a battery that is placed in the pulmonary artery for patients with congestive heart failure. It determines pressures and transmits data back to the cardiologist, and has been proven to significantly decrease the need for hospital readmissions.

Cardiac MRI is 3D imaging technology that helps cardiologists pinpoint exactly where the heart is not pumping well and diagnose what is causing the problem. In addition, it can visualize and measure blood flow in the heart, aorta, and other large vessels. The information produced by the cardiac MRI results in treatment plans tailored uniquely for each patient.

Mount Sinai Heart at Mount Sinai South Nassau
- Accredited by the Intersocietal Commission for Accreditation of Echocardiography Laboratories
- Recipient of The Joint Commission’s Gold Seal of Approval® for disease-specific care for its heart failure program
- Recipient of the American College of Cardiology Foundation’s National Cardiology Data Registry ACTION Registry
- Recipient of the American Heart Association/American Stroke Association’s–Get With the Guidelines, Gold Plus Quality Achievement Award, and its Target: Heart Failure Honor Roll
- Designated a four-star achiever by the American College of Cardiology, the highest rating possible

TO SCHEDULE AN APPOINTMENT with Dr. Mendoza or Dr. Moss, call 877-SOUTH-NA pasta (877-768-8462).
A Complex Combination of Heart Defects, But Hope for the Future

Carlos Montoya-Iraheta, MD, Chief of Pediatric Cardiology at Mount Sinai South Nassau, took one look at his patient, Matthew Cruz, and feared the worst. At two weeks old, Matthew weighed in at a little more than five pounds. Pale and limp, the infant struggled to breathe and did not display the slightest interest in eating.

Tests revealed a host of cardiac problems: ventricular septal defect, a hole between the two lower chambers of the heart; coarctation of the aorta, a severe narrowing in part of the major artery that carries blood to the body; and patent ductus arteriosus, a hole in the aorta.

On June 23, 2016, surgeons wheeled Matthew into the operating room to repair the defects. After the procedure, he showed dramatic improvement and they referred the patient back to Dr. Montoya-Iraheta for follow-up.

But over the next two years, the patient’s condition slowly deteriorated and he began to develop difficulty breathing. An echocardiogram detected troubling problems: a severe narrowing in the valve leading to the aorta, a major artery that carries blood away from the heart. In addition, there was a growth of tissue in the aorta near the aortic valve forming a membrane that blocked blood flow from the heart to the entire body.

Dr. Montoya referred the patient to Peter Pastuszko, MD, Chief of Pediatric Cardiothoracic Surgery at The Mount Sinai Hospital. In a difficult and delicate six-hour operation, Dr. Pastuszko removed the membrane and restored normal blood flow to Matthew’s body. During the days and months that followed his nearly seven-day hospitalization, Matthew, one of 40,000 children born each year with congenital heart defects, according to the Centers for Disease Control and Prevention, began eating and gaining weight, speaking, and playing with friends.

Matthew’s mother, Blanca Sanchez, of Hempstead, says she is thrilled with Matthew’s progress. “He is now a very active child,” Ms. Sanchez said, adding that Matthew, who is four, now weighs 47 pounds. “People say he doesn’t look like a child who had two surgeries and was seriously ill.”

**About the Doctor**

Carlos Montoya-Iraheta, MD, Mount Sinai South Nassau’s Chief of Pediatric Cardiology, is board certified in pediatric cardiology. After earning a medical degree from the University of San Carlos in Guatemala, he completed a residency at SUNY Downstate Medical Center in Brooklyn. He was fellowship trained in pediatric cardiology at the Columbia University College of Physicians and Surgeons.
Children born with complex congenital heart disease typically require a lifetime of cardiac care. “Five, 10, 15 years down the road, the aortic membrane will recur,” Dr. Montoya said. “The patient will need close monitoring and observation every three to six months at first and then annually at Mount Sinai South Nassau in Oceanside.”

Dr. Montoya says that the collaboration among Matthew’s multidisciplinary health care teams ensured a seamless transition between the inpatient and outpatient settings and improved the patient outcome. “Care coordination between the two institutions where the best clinical care is combined with top-rate pediatric cardiac surgery services is vital for the best quality of patient care,” he said. “You need that coordination and integration of medical information among providers to support the patient across the two health care settings. The care was lifesaving for Matthew and a seamless journey as well.”

TO SCHEDULE AN APPOINTMENT with Dr. Montoya, call 877-SOUTH-NASSAU or (877-768-8462).

Pediatric Outpatient Services Extend its Reach

Under the leadership of Warren Rosenfeld, MD, Chair of Pediatrics, and Vice Chair Lincoln Ferguson, MD, the Department is expanding its outpatient services in Oceanside, Hempstead, Hewlett, and Greenlawn. From infants to adolescents, Mount Sinai South Nassau’s pediatric experts provide generalized and specialized care for not-so-serious and complex illnesses and injuries at the hospital’s Family Health Center in Oceanside and Greenlawn.

In addition to pediatric cardiology, Mount Sinai South Nassau has added nearly a dozen subspecialists to these centers, from gastroenterology to orthopedics and pulmonology. At Mount Sinai South Nassau – Primary Care, Pediatrics, and Behavioral Health, in Hempstead, pediatric health care professionals offer a broad range of diagnostic and treatment options to promote health and prevent disease.

FOR AN APPOINTMENT, call 877-SOUTH-NASSAU or (877-768-8462).
**Is it COVID-19 or the Flu?**

While the flu and COVID-19 share a lot of the same symptoms, how can you tell the difference? Seasonal influenza or the flu is a common contagious respiratory illness that infects the nose, throat, and sometimes the lungs. It can cause mild to severe illness and it usually comes on suddenly—within one to four days.

Flu viruses are most common during the fall and winter. The flu can be diagnosed by your health care provider by performing a physical exam and flu test, which involves taking a sample from the inside of your nose or the back of your throat with a swab, which is then tested for the virus.

The novel coronavirus that causes COVID-19 also is a contagious respiratory virus, but it seems to spread more easily than the flu and can cause more serious illness in some people. Unlike the flu, COVID-19 symptoms can develop gradually, from two to 14 days after infection, and range from mild to severe. Some infected show no symptoms (see table on this page).

Because the flu and COVID-19 symptoms overlap, the only way to confirm which of the two respiratory illnesses you are suffering from is through testing.

<table>
<thead>
<tr>
<th>COMMON SYMPTOMS</th>
<th>FLU</th>
<th>COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever or feeling feverish/chills</td>
<td>Often</td>
<td>Often</td>
</tr>
<tr>
<td>Dry cough</td>
<td>Often</td>
<td>Often</td>
</tr>
<tr>
<td>Shortness of breath or difficulty breathing</td>
<td>Rare</td>
<td>Often</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Sometimes</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Sometimes</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Runny or stuffy nose</td>
<td>Rare</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sneezing</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Muscle pain or body aches</td>
<td>Often</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Headache</td>
<td>Sometimes</td>
<td>Often</td>
</tr>
<tr>
<td>Loss of taste and smell</td>
<td>Rare</td>
<td>Often</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>Sometimes in children</td>
<td>Rare</td>
</tr>
</tbody>
</table>

“Some of the symptoms of coronavirus and the flu are similar, so it may be difficult to tell them apart,” said Aaron E. Glatt, MD, MACP, Chair of Medicine and Chief of Infectious Diseases. “The one way to diagnose whether you have COVID-19 or the flu is to be tested.”

Prevention is still the best medicine. Reduce your risk of contracting COVID-19 or the flu by limiting group gatherings, masking, and practicing hand hygiene and social distancing. While a COVID-19 vaccine is not yet available, you can help prevent the seasonal flu with annual vaccinations. The Centers for Disease Control and Prevention recommends the vaccine for everyone six months of age and older, especially if you have a chronic medical condition.

Said Dr. Glatt: “The flu vaccine should be a part of your fall and winter wellness plan.

**Get Tested**
- To schedule a COVID-19 test, see page 11 for details.

**Fight the Flu**
- To get a flu vaccine with a Mount Sinai South Nassau-affiliated medical provider, call 516-632-3936 or go to southnassau.org/doctor.
A Heartfelt Thank You from the Front Lines

Mount Sinai South Nassau is grateful to Stop & Shop and the dozens of community businesses, institutions, and individuals who donated to its health care heroes during the height of the COVID-19 pandemic.

From thousands of meals and snacks to gallons of freshly brewed coffee and tons of canned goods to hygiene items and personal protective gear, there was no shortage of kindness showered upon our front-line heroes as they battled the coronavirus. The community came together in a time of crisis to support the hospital and help it respond to the pandemic by also donating to its COVID-19 Relief Fund. Today, we stand ready to serve our communities, should there be a resurgence of the virus. Please consider supporting the fund by visiting southnassau.org/donate. Thank you!
Mount Sinai Heart Comes to the South Shore

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Expanded Staff of Cardiology Specialists
Mount Sinai South Nassau’s cardiology team, led by Lawrence Kanner, MD, and Jason Freeman, MD, is now being augmented by additional specialists from The Mount Sinai Hospital who are seeing patients in Oceanside, including:

- Noah Moss, MD, heart failure specialist (evaluates patients needing a left ventricular assist device or heart transplant)
- Robin Varghese, MD, cardiac surgeon (performs elective bypass and heart valve surgery)
- William Whang, MD, electrophysiologist, who, together with Dr. Kanner, evaluates patients for atrial fibrillation ablation
- Ali Zaidi, MD, adult congenital heart disease specialist

Four-Star Cardiac Care
Since 2006, the hospital has performed more than 7,000 elective coronary interventions. When providing balloon angioplasty in an emergency, Mount Sinai Heart at Mount Sinai South Nassau averages 58 minutes, which is 32 minutes faster than the national standard door-to-balloon-time benchmark of 90 minutes. (Door-to-balloon time is the time measured in minutes from the moment the patient walks in the door to the point the artery in the heart is reopened with a stent procedure).

The American College of Cardiology has designated Mount Sinai South Nassau as a four-star achiever, the highest rating possible.

Mount Sinai South Nassau’s partnership with The Mount Sinai Hospital, on Manhattan’s Upper East Side, also has allowed for a seamless transfer of Long Island cardiac patients who need advanced treatment, like open heart surgery, to The Mount Sinai Hospital’s Cardiac Surgery Center. Mount Sinai Heart has some of the best patient outcomes in the state.

State-of-the-Art Cardiology Suite
Mount Sinai Heart at Mount Sinai South Nassau’s cardiology suite features two state-of-the-art digital cardiac catheterization laboratories, an electrophysiology laboratory, a minor procedure room, 18 dedicated preparation/recovery spaces, decentralized nursing stations, doctors’ offices, examination rooms, family waiting areas, and echocardiography labs. It is equipped with the latest advancements in digital cardiovascular and interventional imaging systems to perform coronary stenting, vascular and interventional procedures, such as implanting pacemakers and debrillators, ablations, and imaging.

Minutes Matter During a Heart Attack
Door-to-balloon time, or the time measured in minutes from the moment the patient walks in the door to the point the artery in the heart is reopened with a stent, averages 58 minutes at Mount Sinai Heart at Mount Sinai South Nassau—52 minutes faster than the national standard door-to-balloon-time benchmark of 90 minutes.

Helping You Get Back on Your Feet
To ensure that patients maximize the benefits of the treatments and therapies to remedy their cardiovascular conditions and prevent them from recurring, Mount Sinai Heart at Mount Sinai South Nassau provides a comprehensive Cardiac Rehabilitation Program (located at 440 Merrick Road, in Oceanside). This 12-week program includes therapeutic exercise, cardiac risk assessment, nutritional assessment and counseling, stress reduction, and education on the heart-healthy lifestyle. The facility and its multidisciplinary program have been certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

Mount Sinai South Nassau’s 12-week cardiac rehabilitation program includes therapeutic exercise, cardiac risk assessment, nutritional assessment and counseling, stress reduction, and education on the heart-healthy lifestyle.
COVID-19 Vaccine Update

Vaccines BNT162b1 and BNT162b2, manufactured by Pfizer and Biopharmaceutical New Technologies, were granted fast-track regulatory approval by the Food and Drug Administration. Researchers enrolled up to 30,000 subjects in a Phase 2b/3 trial in July. Preliminary data recently released in a press release demonstrated a 90 percent efficacy in preventing actual cases of COVID-19, which puts this vaccine at the top of the list to be approved first as a vaccine for usage in late 2020! If the ongoing studies are published and indeed are as successful as the initial press releases suggest, Pfizer states they can manufacture up to 100 million doses by the end of 2020 and 1.2 billion doses by the close of 2021.

Health and Human Services Secretary Alex Azar reported there are currently six vaccines under contract with the United States government with good safety profiles and with studies documenting neutralizing antibodies at a level at or above what people recovering from COVID-19 produce in their own bodies. This is very good news indeed, with the hope that one or more of these vaccines will receive Emergency Use Authorization from the FDA before the close of 2020. In addition, large clinical trials of vaccine in China, Russia, Pakistan, and other countries are also underway. Indeed, the Russian Sputnik vaccine candidate also claimed a 92 percent efficacy in preventing COVID-19 in its, yet, unpublished phase 3 study data.

Many people have expressed a concern that any vaccine approval will be rushed and therefore not as safe as our vaccines usually are. To address this, FDA officials will use the regular tried-and-tested guidelines whether and when a vaccine can be made available. Commissioner Stephen Hahn, MD, and other senior FDA officials insisted that they would maintain “unwavering regulatory safeguards” in evaluating COVID-19 vaccines. Before any approvals are granted, they promised the agency will convene its vaccines advisory committee to review candidates and all traditional standards for efficacy and safety will be respected.

An Agency for Healthcare Research and Quality-funded study based on simulation of the spread of the virus that causes COVID-19 through the United States showed that if a COVID-19 vaccine were to end the pandemic without social distancing measures, it would require about 75 percent of the U.S. population to get vaccinated, according to the American Journal of Preventive Medicine. This does not take into account natural immunity, and depends on vaccine efficacy and the long-term immunity generated.

Free Drive-through COVID-19 Rapid Testing

Mount Sinai South Nassau has teamed up with Nassau County to provide free drive-through COVID-19 rapid testing at the following site in the Five Towns area:

Five Towns Community Center
270 Lawrence Ave., Lawrence
Testing Hours:
Monday through Friday,
8 am – 3 pm;
Saturday, 7 am – 10 am

Appointments are required and can be made by calling 516-390-2888. No walk-ins, please. Don’t delay. Testing ends on Wednesday, November 25. All COVID-19 testing is provided free regardless of immigration status.
Healthy Recipe

Apple Cider Glazed Chicken

Welcome autumn with this savory chicken, Gala apple, and sweet potato dish. You can use Pink Lady or any other sweet variety in season. Sweet potatoes and apples are loaded with vitamins and minerals essential to maintaining good health and chicken is an excellent source of protein. This recipe is also easy to make, since all the ingredients are cooked in the same skillet, making it an ideal meal for busy weeknights.

Ingredients
1 large sweet potato, peeled and cubed
2 Gala or Pink Lady apples, sliced
2 tablespoons olive oil, divided
1 tablespoon chopped fresh rosemary
Kosher salt to taste
Freshly ground pepper
6 bone-in chicken thighs
½ cup dried, sweetened cranberries, if desired
2/3 cup apple cider
2 tablespoons honey
1 tablespoon grainy mustard
3 rosemary sprigs, for skillet

Preparation
• Preheat oven to 425 degrees Fahrenheit. In a medium bowl, add potatoes, apples and chopped rosemary and season with salt and pepper. Drizzle with 1 tablespoon olive oil and toss until combined.
• In a large ovenproof skillet over medium-high heat, heat remaining olive oil. Add chicken and sear until golden, about 2 minutes. Remove chicken from heat while you make the glaze.
• To the same skillet, add apple cider, honey, dried cranberries and mustard. Bring mixture to a rapid simmer and until mixture has reduced slightly. Return chicken to the skillet and scatter the sweet potato mixture and rosemary sprigs around the chicken. Turn off the heat and transfer the entire skillet to the oven.
• Bake until the sweet potatoes are tender and the chicken is cooked through, about 20 minutes. (If potatoes need longer to cook, transfer chicken to a cutting board to rest and continue cooking until tender.)
• Serve chicken and potatoes with pan drippings.
Servings: 3