Cider Glazed Chicken with Dried Cranberries

1 ½ Tablespoons flour             1 Tablespoon butter

¾ teaspoon salt                         1/3 cup dried cranberries

¼ teaspoon allspice                  ½ cup apple cider or juice

4 chicken breasts                      1 Tablespoon white wine vinegar

Combine flour, salt and allspice in a shallow pan.

Add chicken and turn to coat.

Melt butter in skillet.

Add chicken and cook 15 minutes.

Turn.  Add cranberries, cider and vinegar.

Cover and cook 15 minutes longer.