

The Marv's Meats Recipe Collection #10

Marlene's Granny Smith Chicken

- 4 – boneless, skinless chicken breast halves
- 1 TBS – butter
- 1 – yellow onion, thinly sliced
- 1 – large garlic clove, minced
- ½ cup – dry white wine
- 1 TBS – fresh parsley, finely chopped (1 – tsp dried)
- ½ tsp – dried thyme
- 2 – Granny Smith apples, peeled, cored & cut into thin wedges
- ½ cup – skim or low-fat milk
- ½ cup – swiss cheese, shredded
- salt & pepper to taste

Season chicken with salt & pepper. Heat butter in a large skillet & brown chicken on both sides (3-4 minutes each side). Add onions & garlic & sauté for 3 minutes. Add wine, parsley & thyme, cover & simmer for 20 minutes. Pre-heat broiler. Stir apples into chicken mixture & simmer another 10 minutes. Transfer chicken/onion/apple mixture to an oven-proof casserole dish coated with cooking spray. Heat milk in skillet until it just begins to bubble, pour over chicken mixture, top with shredded swiss & place under broiler until cheese is bubbly & begins to brown. Serves 4.



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