

RECIPE LIST



UNDER 15 MINUTES

INGREDIENTS



FOR 2 SERVING



Chicken Paillard

2 chicken breasts boneless/skinless

½ cup all purpose flour

¼ tsp garlic powder

¼ tsp salt

¼ tsp black pepper

¼ cup oil - canola, vegetable or olive oil

1 clove garlic finely chopped

¼ cup white wine

1 Tsp grainy mustard

1 cup fresh spinach (hard stem removed)

¼ cup aged cheddar shavings



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Apple Foster with Maple Sabayon

APPLE FOSTER

6 apples peeled, cored and cut into ½" slices or cubes

1 Tbls Butter

½ cup brown sugar

1 cinnamon stick broken in 2

1 oz Butter Tart Liquor

MAPLE SABAYON

6 egg yolks

¼ cup white sugar

¼ cup maple syrup

1oz Butter Tart Liquor

