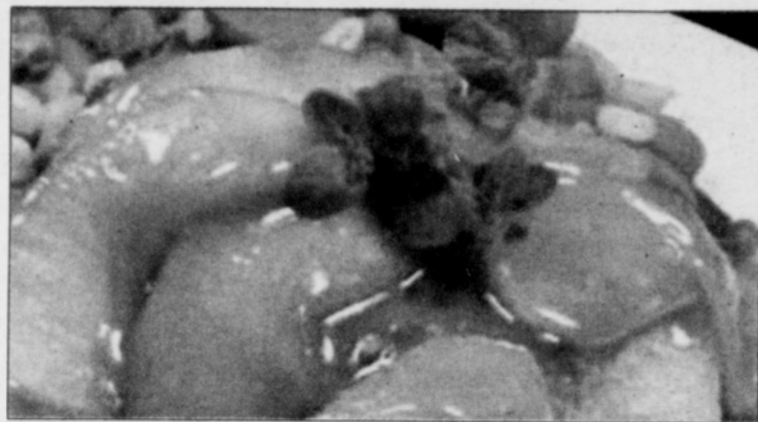


Easy Chicken Cutlets with Apples

Quick, easy, and kids love it. Good with rice or pasta. Original recipe makes 2 servings

Ingredients:

- 2 skinless, boneless chicken breast halves
- 1/4 teaspoon salt, or as needed
- 3 tablespoons all-purpose flour
- 2 tablespoons cornstarch
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 pinch white sugar
- 2 tablespoons butter
- 1/4 cup medium sherry
- 1 cup chicken broth
- 1 Granny Smith apple - cored, peeled, and cut into 1/2-inch thick wedges
- 1/3 cup light brown sugar
- 1 tablespoon butter
- 1 dash Marsala wine



cutlet into the flour mixture to coat; shake off excess flour. Melt 2 tablespoons of butter in a skillet over medium heat until foam disappears, and gently lay the coated cutlets into the butter. Cook until golden brown on both sides, about 3 minutes per side. Remove the chicken, and set aside on an oven-proof plate in the preheated oven to stay warm.

Directions:

1. Sprinkle chicken breasts with 1/4 teaspoon salt, or as needed, on both sides. Place onto a rack, cover, and refrigerate for 30 minutes. Remove from refrigerator, and cut in half lengthwise on a slight diagonal to make 4 equal-size pieces. Place the chicken pieces between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to make 4 cutlets about 1/4 inch thick.
2. Preheat oven to 200 degrees F (95 degrees C).
3. Mix together flour, cornstarch, 1 teaspoon of salt, black pepper, and sugar in a shallow bowl. Place each

4. Pour the sherry into the skillet and bring to a boil, scraping and dissolving all the brown flavor bits from the bottom of the skillet. Cook until the sherry is reduced to half its volume, about 5 minutes, and stir in the chicken broth; add the apple slices to the skillet. Cook, stirring occasionally, until the apples are soft and the sherry mixture is reduced by half. Stir in the brown sugar, 1 tablespoon of butter, and the Marsala wine until the sugar is dissolved and the sauce is thick.
5. Return the chicken cutlets to the sauce, together with any juice from the plate, and turn to cover cutlets with sauce. Simmer about 2 minutes per side, and serve 2 cutlets per serving, topped with apple slices and sauce.

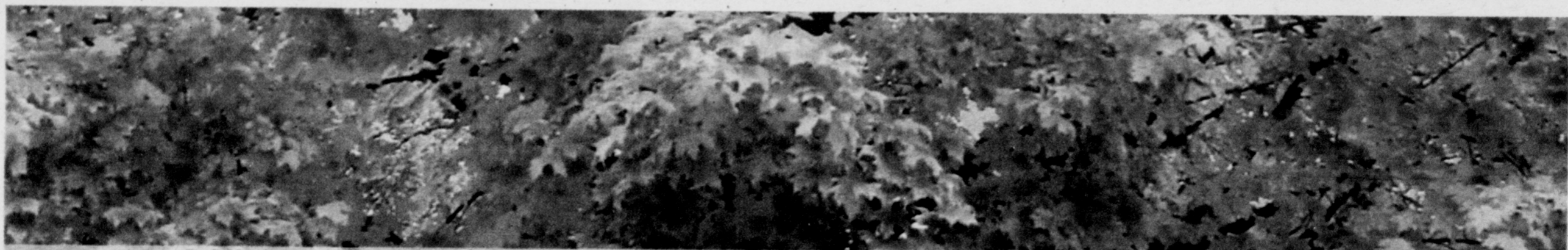
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CALENDAR for October 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13</p> <p>Margaret Thatcher born in 1925. First Aerial Photo in US Taken in 1860. Molly Pitcher born, 1754</p>	<p>14</p> <p>Columbus Day Thanksgiving Day in Canada Lois Lenski born, 1893</p>	<p>15</p> <p>Eid al-Adha (Muslim Holiday, 16th in North America) National Grouch Day</p>	<p>16</p> <p>Dictionary Day Noah Webster born, 1758 World Food Day Edward Ardizzone born, 1900</p>	<p>17</p> <p>Black Poetry Day San Francisco Earthquake (1989)</p>	<p>18</p> <p>Mason-Dixon Line Established (1767) Puerto Rico Became U.S. Colony In 1898.</p>	<p>19</p> <p>Star Spangled Banner First Sung In 1814. Thomas Edison Demonstrated Electric Light Successfully in 1879.</p>
<p>20</p> <p>Sir James Chadwick (Discoverer of the Neutron) born, 1891 Crockett Johnson born, 1906</p>	<p>21</p> <p>Guggenheim Museum Opens (1959)</p>	<p>22</p> <p>National Nut Day</p>	<p>23</p> <p>iPod First Revealed (2001) Red Ribbon Week (Oct 23-31) Marjorie Flack born, 1897</p>	<p>24</p> <p>Bruno Munari born, 1907 Betty Lou's Birthday (Sesame Street Character) National Bologna Day United Nations Day</p>	<p>25</p> <p>Pablo Picasso Born in Spain in 1881.</p>	<p>26</p> <p>Hillary Rodham Clinton born, 1947. Red Cross Organized In Geneva, 1863. Erie Canal Opened (1825)</p>
<p>27</p> <p>Mother-in-Law's Day Theodore Roosevelt born in 1858.</p>	<p>28</p> <p>Plush Animal Lover's Day Bill Gates born, 1955 Statue of Liberty dedicated in 1886. Leonard Kessler born, 1921</p>	<p>29</p> <p>Stock Market Crash - 1929 (1929)</p>	<p>30</p> <p>John Adams born in 1735. Emily Post (author) born, 1873</p>	<p>31</p> <p>Halloween Juliette Gordon Low Born in 1860, she started Girl Scouting in the United States in 1912.</p>	<p style="font-size: 2em; font-weight: bold; margin: 0;">AACC</p> <p style="font-size: 0.8em; margin: 0;">CHAMBER OF COMMERCE</p> <p style="font-weight: bold; margin: 5px 0 0 0;">Portland Observer is a proud member of the AACC</p>	