



#MakeItGAP

RECIPES

CHICKEN ALFREDO WITH GRILLED APPLES

YIELD: 4 Servings

INGREDIENTS:

- 4 boneless skinless chicken breast halves (6 ounces each)
- 4 tsp. chicken seasoning
- 1 large Braeburn or Gala apple, *cut into 1/2-inch wedges*
- 1 Tbsp. lemon juice
- 4 slices provolone cheese
- 1/2 cup Alfredo sauce, *warmed*
- 1/4 cup crumbled blue cheese

PREPARATION:

Sprinkle both sides of chicken with chicken seasoning. In a small bowl, toss apple wedges with lemon juice.

Moisten a paper towel with cooking oil; using long-handled tongs, rub on grill rack to coat lightly. Grill chicken, covered, over medium heat 5-8 minutes on each side or until a thermometer reads 165°F. Grill apple, covered, over medium heat 2-3 minutes on each side or until lightly browned. Top chicken with provolone cheese; cook, covered, 1-2 minutes longer or until cheese is melted.

Serve chicken with Alfredo sauce and apple. Sprinkle with blue cheese.

Recipe adapted from tasteofhome.com