

RECIPES

FORESTHILL FRIENDSHIP CLUB RECIPES

THE ORIGINAL MARRY ME CHICKEN

Valentine's Day is Saturday, February 14. Celebrating with someone? Maybe preparing this Original Marry Me Chicken recipe will display your culinary skills. Providing the perfect Valentine to your someone special. The recipe was submitted by Linda Smith, Foresthill Friendship Club Member. Have a fun Valentines' Day.

The Original Marry Me Chicken

3 Tablespoons Extra Virgin Olive Oil
4 boneless, skinless Chicken Breast
Kosher Salt
Fresh Ground Black Pepper
2 Garlic Gloves finely chopped.
1 Tablespoon fresh Thyme Leaves
1 Teaspoon crushed Red Pepper Flakes
 $\frac{3}{4}$ Cup low sodium Chicken Stock
 $\frac{1}{2}$ Cup finely chopped Sun-dried Tomatoes
 $\frac{1}{2}$ Cup Heavy Cream
 $\frac{1}{4}$ Cup finely grated Parmesan Cheese
Torn Fresh Basil, for serving.

Arrange a rack in center of oven, preheat to 357degrees. In a large oven proof skillet over medium-high heat, heat 1 tablespoon oil. Generously season chicken with salt and pepper. Place chicken in oil pan, cook chicken for 5 minutes, till golden brown, turn chicken over, cook 5 minutes more. Transfer chicken to a plate. In same skillet over medium heat, add 2 tablespoons oil. Stir in garlic, thyme, and crushed red pepper. Cook, stirring until fragrant, about 1 minute. Now stir in broth, tomatoes, cream, and Parmesan, season with salt. Bring to simmer, then return chicken and any juices back to skillet. Now transfer skillet to oven, bake chicken until cooked through. Insert instant read thermometer in thickest part of chicken, cook till thermomther reaches 165 degrees, about 10 to 12 minutes. Arrange chicken on platter, spoon sauce over chicken and top with basil.

The Foresthill Friendship Club is comprised of community minded women who enjoy doing service projects for our Foresthill's neighbors and community needs. Stop by our new Senior Center on the second and fourth Saturday of each month from 10:30am to 1:30pm, at the Foresthill Fire District Administration meeting room, 24320 Foresthill Road, Foresthill (next to Brew Masters). It is for all Senior. We have fun, it is free, and we have snacks. Check your blood pressure, play cards with new friends, or learn crocheting. Great seniors to get to know in our community. Come check it out on February 14, 20262, and/or February 28, 2026 anytime from 10:30am to 1:30pm. Looking forward to meeting you soon. Invite a friend to join you. Stay as long as you like.

The Senior Club is a joint venture sponsored by the Foresthill Friendship Club and the Foresthill Lions Club.

Article submitted by,

Linda Smith, Foresthill Friendship Club