

Smothered Chicken

Marion Brittain

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 4

*2 pounds boneless/ skinless
chicken breasts*

1/4 cup fat

*1 medium onion, cut in half
and sliced*

*1/2 pound fresh sliced
mushrooms*

3 tablespoons flour

1 1/2 cups milk

salt

pepper

1/4 cup sherry wine

Preheat the oven to 325 degrees.

Coat the chicken parts with seasoned flour.

In a heavy skillet, heat the fat and brown the chicken. Remove the chicken to a casserole dish.

Slowly add the milk and stir over low heat until thick and smooth. Add the seasonings and sherry. Pour the sauce over the chicken. Cover.

Bake for about one hour or until the chicken is tender.

Per Serving (excluding unknown items): 204 Calories; 16g Fat (70.5% calories from fat); 4g Protein; 11g Carbohydrate; 1g Dietary Fiber; 25mg Cholesterol; 46mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 3 Fat.