

Stuffed Chicken Breasts

Ruth Moxley

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8 boneless/ skinless
chicken breasts
dash salt
1 chicken bouillon cube
3 tablespoons onion
3 tablespoons butter
green pepper
1/3 cup celery
1/8 teaspoon pepper
1 cup cooked rice
SAUCES
2 tablespoons flour
3 tablespoons butter
1 cup milk
mushrooms (optional)
1/2 teaspoon salt
1 to 1-1/2 cups grated sharp
cheese

Preheat the oven to 300 degrees.

In a saucepan, simmer the butter, salt, green pepper, bouillon cube, celery, onion and pepper. Add the rice.

Open a chicken breast flat on the work surface. Place some stuffing on one side of the chicken breast. Fold the other side of the breast over the top. Place the breast into a greased casserole dish. Repeat for all of the breasts.

In a saucepan, mix the flour, butter, milk, salt and mushrooms, if desired. Cook until thickened. Add the grated cheese. Pour over the chicken breasts.

Bake for 1-1/2 hours.

Per Serving (excluding unknown items): 1086 Calories; 78g Fat (64.6% calories from fat); 17g Protein; 80g Carbohydrate; 2g Dietary Fiber; 220mg Cholesterol; 2671mg Sodium. Exchanges: 4 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Non-Fat Milk; 15 1/2 Fat.