

Baked Garlic Parmesan Chicken

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*4 boneless/ skinless
chicken breast halves
3/4 cup bread crumbs or
stuffing mix
1/2 cup grated Parmesan
cheese
2 tablespoons minced
parsley
salt
pepper
1 stick butter, melted
1/4 teaspoon dried minced
garlic
2 tablespoons lemon juice
paprika (optional)*

Preheat the oven to 350 degrees.

In a bowl, mix the bread crumbs, Parmesan, parsley, salt and pepper.

In a bowl, combine the garlic and butter.

Dip the chicken pieces in butter and dredge with bread crumbs on both sides. Roll up each chicken piece and secure with a toothpick. Place in a glass baking dish.

Drizzle with lemon juice and the remaining butter. Sprinkle with paprika.

Bake for one hour.

(The rolls can be made ahead and refrigerated. Delicious when reheated.)

Per Serving (excluding unknown items): 2003 Calories; 158g Fat (71.2% calories from fat); 139g Protein; 5g Carbohydrate; trace Dietary Fiber; 651mg Cholesterol; 2051mg Sodium. Exchanges: 19 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 19 1/2 Fat.