

Breast of Chicken en Croute with Roast Garlic and Brie

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 1

*1 four-ounce boneless/
skinless chicken breast
salt
pepper
garlic powder
1 large head garlic, peeled
1 package puff pastry
dough
1 ounce Brie cheese*

Preheat the oven to 325 degrees.

Oven-roast the peeled garlic head for 8 to 10 minutes.

Raise the oven temperature to 375 degrees.

In a bowl, mix the salt, pepper and garlic powder. Season the chicken breast. (For additional flavor, quickly "mark" on a broiler grill, cooking the chicken as little as possible.)

Top the chicken with one ounce of Brie cheese and a large bead of the oven-roasted garlic.

Wrap the chicken in puff pastry. Seal. Cut a steam vent hole. Brush with egg wash.

Bake until done, about 15 to 17 minutes.

Per Serving (excluding unknown items): 4 Calories; trace Fat (1.9% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable.