

Bree`s Favorite Chicken

*Diane S Boudreau - Rochester, NH
Treasure Classics - National LP Gas Association - 1985*

Servings: 4

*4 whole boneless/ skinless
chicken breasts, halved
3/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons fresh lemon
juice
3 tablespoons butter,
melted
1/2 cup dry sherry
SAUCE
4 tablespoons butter
4 tablespoons flour
1 1/2 cups light cream
3/4 cup liquid from the
baking pan
1 teaspoon paprika
6 tablespoons Parmesan
cheese, grated*

Preparation Time: 45 minutes

Bake Time: 35 minutes

Preheat the oven to 400 degrees.

Sprinkle both sides of the chicken with salt, pepper and lemon juice. Place the chicken in a nine-inch baking dish. Pour the melted butter over each chicken piece and rub with a spoon. Sprinkle with sherry. Cover the dish with foil.

Bake in the oven for 35 minutes.

Pour off the liquid from the dish and reserve. Keep the chicken breasts warm.

In a saucepan, cook together the four tablespoons of butter and four tablespoons of flour for the sauce. Cook for 2 to 3 minutes. Stir in the 3/4 cup of reserved chicken liquid and the cream. Cook over medium until smooth and thick, stirring constantly. Spread the sauce over the chicken breasts and then sprinkle with Parmesan and paprika.

Return to the oven. Bake about 5 minutes until golden brown.

Best when served with broccoli, rolls and rice pilaf.

Per Serving (excluding unknown items): 953 Calories; 67g Fat (65.8% calories from fat); 67g Protein; 11g Carbohydrate; trace Dietary Fiber; 305mg Cholesterol; 966mg Sodium. Exchanges: 1/2 Grain(Starch); 9 Lean Meat; 0 Fruit; 7 1/2 Fat; 1/2 Other Carbohydrates.