

Brownstones Broiled Chicken

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 4

2 chicken breasts, split and skinned

1/4 cup (1/2 stick) butter

1 teaspoon salt

1 teaspoon dry mustard

1 teaspoon paprika

1/2 teaspoon curry powder

1 clove garlic, peeled and crushed

Preheat the broiler or grill. Wash and dry the chicken pieces.

In a bowl, cream the butter with the salt, dry mustard, paprika, curry powder and garlic. Spread the underside of the chicken pieces with half of the mixture.

Broil the chicken, seasoned side up, until brown. Turn the chicken. Spread the other side with the remaining butter mixture.

Continue broiling until brown and cooked through, about 45 minutes, basting occasionally with the drippings.

Per Serving (excluding unknown items): 306 Calories; 19g Fat (58.2% calories from fat); 31g Protein; 1g Carbohydrate; trace Dietary Fiber; 108mg Cholesterol; 683mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1 Fat.