

Chicken Elegante II

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Servings: 4

*2 chicken breasts, halved
and pounded thin*

*3 tablespoons Dijon
mustard*

2 tablespoons wine

*1 3/4 cups walnuts or
pecans, chopped fine*

*2 tablespoons cooking oil
salt*

pepper

TOPPING

1 cup sour cream

1 tablespoon Dijon mustard

Preparation Time: 30 minutes

Bake Time: 15 minutes

Preheat the oven to 400 degrees.

Halve the chicken breasts and pound thin.

In a bowl, mix the mustard and the wine.

Dip the chicken into the mustard sauce to coat
and then into the nuts. Press down to coat.

Spread oil in a 8x12-inch baking dish. Place the
chicken in the dish.

Bake, uncovered, for 15 minutes.

To serve: In a bowl, mix the sour cream and
mustard together. Place the mixture on plates
and place the chicken breasts on the top.

Per Serving (excluding unknown
items): 449 Calories; 33g Fat
(67.1% calories from fat); 33g
Protein; 4g Carbohydrate; trace
Dietary Fiber; 118mg Cholesterol;
315mg Sodium. Exchanges: 4 1/2
Lean Meat; 0 Non-Fat Milk; 4 Fat; 0
Other Carbohydrates.