

Chicken Napa Valley

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Servings: 8

3 pounds skinless chicken breasts

*seasoned flour
butter*

1 cup ketchup

1/2 cup dry sherry

1/3 cup water

1 tablespoon

Worcestershire sauce

1 medium onion, minced

2 tablespoons lemon juice

Preheat the oven to 325 degrees.

Dredge the chicken in seasoned flour.

In a large skillet over medium heat, brown the chicken in butter.

Place the chicken in a covered two-quart casserole.

In the same skillet, combine the ketchup, sherry, water, Worcestershire, onion and lemon juice. Bring to a boil.

Pour the mixture over the chicken. Cover.

Bake in the oven for about 1-1/4 hours or until tender.

Per Serving (excluding unknown items): 206 Calories; 2g Fat (8.8% calories from fat); 32g Protein; 10g Carbohydrate; 1g Dietary Fiber; 79mg Cholesterol; 465mg Sodium. Exchanges: 4 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Other Carbohydrates.