

Country Cinnamon Chicken

Barb Wilcher

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Servings: 8

*1/2 cup raisins
2 medium apples, peeled,
cored and finely chopped
2 1/2 teaspoons curry
powder
1/2 cup sliced almonds
1/2 cup brown sugar
1/2 cup butter, melted
1 1/2 teaspoons cinnamon
8 boneless/ skinless
chicken breast halves,
pounded to 1/4-inch
thickness*

Preheat the oven to 350 degrees.

In a small mixing bowl, mix the raisins, apples, curry powder, almonds, brown sugar, butter and cinnamon.

Place an even amount of the apple mixture on each chicken breast.

Roll each chicken breast and tuck the corners. Secure with a toothpick. Place each roll, seam side down, in a well oiled baking dish. Spoon any remaining apple mixture on top of the chicken. Cover tightly with foil.

Bake for 35 to 40 minutes.

Per Serving (excluding unknown items): 489 Calories; 30g Fat (54.5% calories from fat); 33g Protein; 24g Carbohydrate; 2g Dietary Fiber; 124mg Cholesterol; 214mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Fruit; 3 Fat; 1/2 Other Carbohydrates.