

Lowfat Chicken Parisienne

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 4

*4 teaspoons corn oil
margarine
4 tablespoons flour
1 cup fat-free chicken stock
3/4 cup nonfat milk
1/4 teaspoon salt
dash garlic powder
dash freshly ground black
pepper
1/2 cup nonfat plain yogurt
1/2 cup sherry
4 boneless/ skinless
chicken breasts
1 small onion
1 cup fresh mushrooms,
sliced*

Preheat the oven to 400 degrees.

In a skillet, melt the margarine. Add the flour and stir over medium heat for 1 minute. Do not brown. Add the chicken stock and milk. Using a wire whisk, stir the mixture over medium heat until it comes to a boil.

Add the salt, garlic and pepper. Continue to cook for 1 minute more. Remove from the heat. Add the yogurt and sherry.

Season the chicken breasts with pepper. In a nonstick skillet, brown the chicken on both sides.

Arrange the chicken, onion and mushrooms in a baking dish. Pour the soup mixture over the chicken and vegetables.

Bake for 40 to 50 minutes.

Serve over rice and noodles.

Per Serving (excluding unknown items): 116 Calories; trace Fat (3.4% calories from fat); 5g Protein; 16g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 182mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk.