

# Breast of Chicken with Raspberry Yogurt Sauce

*Joyce Merkel*

*Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991*

*4 (six ounce) boneless/  
skinless chicken breasts  
1 cup plain yogurt  
8 ounces frozen raspberries  
1/2 cup oyster mushrooms  
1/2 pint fresh raspberries  
1/4 cup sugar  
1 tablespoon butter  
1/4 cup flour (for dusting)*

Preheat the oven to 350 degrees.

In a saucepan, boil the frozen raspberries in sugar. Drain. Fold in the yogurt.

Flour and season the chicken. In a skillet, saute' in butter and brown. Place the chicken into a baking pan. Roast in the oven for approximately 10 minutes. Remove the chicken from the pan. Set aside.

In the skillet, cook the mushrooms in the chicken drippings. Add the yogurt sauce to the mushrooms. Heat, but do not boil.

Arrange the chicken breasts on a plate. Top with the sauce and garnish with fresh raspberries.

(You can optionally top the chicken with chopped chives for a color contrast.)

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Per Serving (excluding unknown items): 521 Calories; 20g Fat (33.8% calories from fat); 11g Protein; 78g Carbohydrate; 9g Dietary Fiber; 62mg Cholesterol; 242mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1 Fruit; 1 Non-Fat Milk; 4 Fat; 4 Other Carbohydrates.