

Chicken Breasts Amandine

Michele Evans

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 4

4 boneless chicken breasts
salt
freshly ground pepper
flour
5 tablespoons butter
3 tablespoons vegetable oil
1 cup sliced almonds

Season the chicken with salt and pepper. Coat with flour.

In a large skillet, heat the oil and three tablespoons of butter. Cook the chicken over medium heat until browned, about 7 minutes per side. Transfer the chicken to a warmed serving dish.

Pour out all of the oil except retaining one tablespoon. Add the remaining two tablespoons of butter.

Add the almonds. Cook until golden brown, turning often.

Spoon over the chicken.

Per Serving (excluding unknown items): 430 Calories; 44g Fat (87.3% calories from fat); 8g Protein; 7g Carbohydrate; 2g Dietary Fiber; 39mg Cholesterol; 150mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 8 Fat.