
Chicken-Mushroom-Sage Casserole

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 1 hour

Start to Finish Time: 1 hour 40 minutes

1/2 cup butter, divided
6 boneless/ skinless chicken breasts
3 shallots, chopped
2 cloves garlic, minced
1 pound assorted fresh mushrooms, coarsely chopped
1/4 cup sherry
3 tablespoons all-purpose flour
2 cans (14 ounce ea) chicken broth
1 package (6 ounce) long-grain and wild rice mix
1 1/2 ounces (1/2 cup) grated Parmesan cheese
2 tablespoons chopped fresh flat-leaf parsley
1 tablespoon chopped fresh sage
1/2 teaspoon table salt
1/2 teaspoon freshly ground black pepper
1/2 cup sliced almonds, toasted
fresh sage leaves (for garnish)

Preheat the oven to 375 degrees.

In a large skillet over medium-high heat, melt one tablespoon of the butter. Add half of the chicken. Cook for 3 minutes or until browned. Turn and cook for 1 minute. Transfer to a plate. (The chicken will not be cooked thoroughly.) Repeat with one tablespoon of butter and the remaining chicken. Wipe the skillet clean.

Melt two tablespoons of butter in the skillet over medium-high heat. Add the shallots. Cook for 3 minutes or until translucent. Add the garlic and cook for 30 seconds. Add the mushrooms. Cook, stirring often, for 4 to 5 minutes or until tender. Stir in the sherry. Cook, stirring, for 1 minute.

In a three-quart saucepan over medium-high heat, melt the remaining 1/4 cup of butter. Whisk in the flour. Cook, whisking constantly, for 1 minute. Gradually whisk in the broth. Bring to a boil, whisking constantly. Cook for 1 to 2 minutes or until slightly thickened. Remove from the heat. Add the rice (reserve the flavor packet for another use), Parmesan, parsley, sage, salt and pepper. Add the shallot mixture. Spoon into a lightly greased 13 x 9-inch baking dish. Top with the chicken.

Bake until a thermometer inserted in the breast registers 165 degrees, about 30 minutes. Let stand for 10 minutes.

Sprinkle with almonds and garnish with sage leaves.

Chicken

Per Serving (excluding unknown items): 259 Calories; 23g Fat (79.5% calories from fat); 5g Protein; 8g Carbohydrate; 1g Dietary Fiber; 42mg Cholesterol; 630mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 4 Fat.