

Chicken Breasts Nouvelle

*Ann Mc tier - Lake Forest, IL
Treasure Classics - National LP Gas Association - 1985*

Servings: 6

*3 to 6 whole chicken
breasts, halved, skinned
and boned
Butter (for frying)
peanut oil (for frying
vegetables)
lemon juice (to taste)
salt (to taste)
pepper (to taste)
mesquite (for the grill)
3 packages Chinese frozen
pea pods (or fresh if young
and tender)
3 medium tomatoes,
quartered and halved again
(8 pieces per tomato)
1 box white and wild rice,
cooked
1 pound fresh mushrooms
1 can (4 ounce) sliced water
chestnuts, drained
1 1/2 sticks butter*

Preparation Time: 15 minutes

Cook Time: 35 minutes

Brush the chicken breasts with butter or oil.
Season the breasts.

Grill over coals to which you've added soaked
mesquite chips.

At the last minute, stir fry the vegetables in a
butter and oil mix. Squeeze the lemon juice to
taste.

When the pods are bright green and crisp,
transfer the lemony pea pods and tomato mix to
plates. Salt and pepper.

Top with one or two chicken breasts. Serve with
the rice mix to which you have added, at the last
minute, the fresh saute'd mushrooms and water
chestnuts.

Per Serving (excluding unknown
items): 235 Calories; 23g Fat
(86.1% calories from fat); 2g
Protein; 6g Carbohydrate; 2g
Dietary Fiber; 62mg Cholesterol;
243mg Sodium. Exchanges: 1 1/2
Vegetable; 4 1/2 Fat.