

Baked Chicken Breasts Royale

Lois V Mills - Houston, TX

Treasure Classics - National LP Gas Association - 1985

Servings: 8

*4 whole chicken breasts,
cut in half and boned
salt
pepper
8 pieces dried beef or ham
8 slices bacon
1 can (10-3/4 ounce) cream
of chicken soup
1 cup sour cream
2 tablespoons sherry
(optional)
chopped parsley (for
garnish)*

Preparation Time: 15 minutes**Bake Time: 1 hour 30 minutes**

Lay the boned chicken breasts out flat, skin side down. Sprinkle each with salt and pepper.

Place a slice of the dried beef on each chicken breast. Roll up into a compact piece. Wrap each roll with a bacon slice. Arrange in an 8x12-inch glass baking dish (this size is just right for eight rolls).

Bake in a moderate 350 degree oven for 45 minutes.

In a bowl, combine the soup, sour cream and sherry. Pour over the rolls. Sprinkle with parsley.

Continue baking for another 45 minutes or until tender.

Serve hot.

Per Serving (excluding unknown items): 362 Calories; 23g Fat (59.5% calories from fat); 33g Protein; 2g Carbohydrate; trace Dietary Fiber; 112mg Cholesterol; 331mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat.