

Chicken and Artichokes

Cindy Rutherford - Lithonia, GA

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Servings: 4

8 chicken breasts, deboned

1/4 cup butter

2 cups chicken broth

1/4 cup butter

1/4 cup chopped onion

*2 cups fresh mushrooms,
sliced*

1 clove garlic, minced

1/4 cup flour

1/4 teaspoon salt

1/8 teaspoon pepper

3/4 cup half-and-half

*1 cup grated Parmesan
cheese*

1/4 cup dry white wine

1/2 teaspoon rosemary

*1 can (14 ounce) artichoke
hearts, drained*

Preparation Time: 30 minutes

Bake Time: 1 hour

Saute' the chicken in 1/4 cup of butter. Add two cups of chicken broth. Simmer for 20 minutes until tender. Cool. Reserve the broth.

In a saucepan, melt 1/4 cup of butter. Saute' the onions, mushrooms and garlic. Blend in the flour, salt and pepper. Cook until smooth and bubbly. Gradually add the reserved chicken broth and half-and-half. Heat until it boils and thickens, stirring constantly. Stir in the cheese, wine and rosemary until the cheese is melted.

Place the chicken in a two-quart baking dish. Cut the artichokes in half. Arrange around the chicken. Pour the sauce over the chicken and artichokes.

Bake in the oven at 325 degrees for one hour.

Best when served with wild rice.

Per Serving (excluding unknown items): 1364 Calories; 84g Fat (56.2% calories from fat); 134g Protein; 12g Carbohydrate; 2g Dietary Fiber; 449mg Cholesterol; 1509mg Sodium. Exchanges: 1/2 Grain(Starch); 19 Lean Meat; 1 Vegetable; 5 Fat.