
Chicken Francaise

Christinr Condora

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1 1/2 to 2 pound boneless chicken breast or tenderloins

2 eggs

1 cup (approx.) bread crumbs

2 sticks butter

1 lemon, sliced thin

3 to 4 cloves garlic, minced

1/2 cup white wine or cooking wine

1/2 cup water

Preheat the oven to 350 degrees.

If the chicken breasts are thick, slice to make them thin. Dip the chicken into the egg. Sprinkle lightly with garlic salt, then dip into the bread crumbs.

Melt 1-1/2 sticks of butter in a skillet. Brown the chicken over medium heat. Place the chicken in a roasting pan and place a lemon slice on top.

In the same skillet, add the rest of the butter and minced garlic. Brown the garlic slightly. Add the wine and water. Simmer for 5 minutes. Pour the mixture over the chicken slightly.

Bake in a 350 degree oven for 20 minutes.

Chicken

Per Serving (excluding unknown items): 2212 Calories; 200g Fat (79.8% calories from fat); 29g Protein; 85g Carbohydrate; 3g Dietary Fiber; 921mg Cholesterol; 2950mg Sodium. Exchanges: 5 Grain(Starch); 1 1/2 Lean Meat; 1/2 Fruit; 38 1/2 Fat.