
Chicken Royale II

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 4

4 chicken breasts, deboned

1/4 cup flour

1/2 teaspoon salt

1/4 teaspoon paprika

HERB STUFFING

2 cups dry bread crumbs

1 tablespoon chopped onion

1/2 teaspoon salt

1/4 teaspoon poultry seasoning

dash pepper

2 tablespoons melted butter

1/4 cup hot water

1/3 cup melted butter

chopped parsley

MUSHROOM SAUCE

1/2 pound fresh mushrooms, sliced

1/4 cup minced onion

2 tablespoons butter

2 tablespoons flour

1/2 cup cream

1/2 cup sour cream

1/2 teaspoon salt

1/4 teaspoon pepper

Combine the flour and seasonings in a bag. Add the chicken and shake.

In a bowl, combine the bread crumbs, onion, 1/2 teaspoon salt, poultry seasoning, pepper, two tablespoons of melted butter and hot water. Mix well.

Fill the middle of the chicken breast with stuffing. Roll together and secure with a toothpick. Dip the chicken in 1/3 cup of melted butter. Place the breasts in a baking dish. Drizzle any remaining butter over the chicken.

Bake, uncovered, for 45 minutes. Turn and cover. Bake an additional 45 minutes or until tender.

Sprinkle with parsley and serve with Mushroom Sauce.

Make the mushroom sauce: In a saucepan, cook the mushrooms and onions lightly in butter until tender. Push the mushrooms to one side and stir the flour into the butter. Add the cream, sour cream and seasonings. Heat slowly, stirring constantly, almost to the boiling point. Spoon over the hot chicken.

(Try serving this with Stir-Fried Broccoli and carrots, orange rolls and cheese cake.)

Chicken

Per Serving (excluding unknown items): 1144 Calories; 70g Fat (55.7% calories from fat); 72g Protein; 54g Carbohydrate; 3g Dietary Fiber; 297mg Cholesterol; 1749mg Sodium. Exchanges: 3 Grain(Starch); 8 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 8 1/2 Fat.