
Chicken Strudel

Anita Otten - Hudson's Lakeside

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

2 1/2 pounds chicken

1/2 medium onion

2 medium onions, finely chopped

2 tablespoons olive oil

10 ounces fresh spinach, cut into fine strips

1 egg, slightly beaten

8 ounces (2 cups) shredded Muenster cheese

8 ounces frozen phyllo dough, thawed

1/2 cup butter or margarine

bread crumbs

paprika

Place the chicken, breast side down, in a three or four quart saucepan with half an onion and two inches of water. Heat to boiling. Reduce the heat and simmer for 35 minutes or until the chicken is tender. Cool.

Preheat the oven to 375 degrees.

In a large skillet, saute' two onions in olive oil. Add the spinach. Cook until wilted, about 3 minutes. Remove from the heat. Add the egg and cheese. Stir. Cut the chicken into one-inch pieces. Add to the spinach mixture.

Place one sheet of the phyllo dough on waxed paper. Brush the dough with melted butter. Sprinkle with bread crumbs. Repeat three more times until there are four layers of dough. On the short end of the layers of dough, place half of the chicken mixture, leaving a 1/2-inch border on three sides. Roll up, jelly roll fashion. Place on a cookie sheet, seam side down. Repeat with the remaining phyllo dough and chicken mixture.

Brush both rolls with melted butter. With a sharp knife, make diagonal cuts half way through the rolls, cutting into two-inch sections. Sprinkle the rolls with paprika.

Bake for 15 to 20 minutes until golden brown.

Let stand for 10 minutes before serving.

Chicken

Per Serving (excluding unknown items): 3736 Calories; 267g Fat (64.5% calories from fat); 176g Protein; 154g Carbohydrate; 17g Dietary Fiber; 1206mg Cholesterol; 2906mg Sodium. Exchanges: 8 Grain(Starch); 20 1/2 Lean Meat; 6 Vegetable; 40 Fat.