

Chicken with Artichokes II

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The Church of St. Michael and St. George - St. Louis, MO - 1985

*2 cans (15 ounce ea)
artichokes or one package
frozen
8 boneless/ skinless
chicken breast halves
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 teaspoon paprika
1/4 pound butter
1/2 pound mushrooms,
sliced
3 tablespoons flour
2/3 cup chicken broth
3 tablespoons dry sherry
1/4 cup minced parsley*

Preheat the oven to 350 degrees.

Drain the artichoke hearts well. Set aside on paper towels.

Sprinkle the chicken with salt, pepper and paprika.

In a large skillet, brown the chicken over medium heat in four tablespoons of butter for 5 minutes per side. Transfer the chicken to a 13x9-inch shallow casserole dish suitable for serving.

Add four tablespoons of butter and the sliced mushrooms to the skillet. Brown the mushrooms for 2 to 3 minutes over medium-high heat. Sprinkle the flour on top, stirring constantly for 5 minutes so that the flour is completely mixed in.

Slowly add the chicken broth and sherry. Simmer, uncovered, stirring occasionally, for an additional 5 minutes until the sauce thickens. Add the artichokes to the sauce, stir well. Pour the sauce over the chicken. Cover with foil.

Bake for 35 to 40 minutes.

Sprinkle with the parsley and serve with rice.

Per Serving (excluding unknown items): 3039 Calories; 202g Fat (61.4% calories from fat); 254g Protein; 32g Carbohydrate; 4g Dietary Fiber; 991mg Cholesterol; 5393mg Sodium. Exchanges: 1 1/2 Grain(Starch); 35 Lean Meat; 2 1/2 Vegetable; 18 1/2 Fat.