
Chris`s Crab-Stuffed Chicken

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 8

8 chicken breast halves, boned and skinned
4 tablespoons margarine
1/4 cup flour
3/4 cup milk
3/4 cup chicken bouillon
1/3 cup white wine
1/4 cup onion, chopped
1 can (7-1/2 ounce) crab, drained and flaked
1 can (3 ounce) chopped mushrooms, drained
1/2 cup bread crumbs
2 tablespoons parsley, chopped
1/2 teaspoon salt
dash pepper
1/2 teaspoon paprika
1/2 cup grated Swiss cheese

Place a chicken breast half between two pieces of waxed paper and, working from the center, pound the chicken lightly to make it approximately 1/8 inch thick and 8 x 3 inches. Repeat with each piece of chicken. Set aside.

In a small saucepan, melt three tablespoons of margarine and blend in the flour, then add the milk gradually.

Add the chicken bouillon and wine all at once. Cook until it thickens and bubbles. Set aside.

In a saucepan, cook the onion in one tablespoon of margarine until tender, but not brown. Stir in the crabmeat, mushrooms, bread crumbs, parsley, salt and pepper. Stir in one-half cup of sauce.

Top each chicken piece with the crab mixture, fold in the sides and roll up; secure with a toothpick. Place, seam side down, in a large baking dish. Pour the balance of the sauce over all.

Bake, covered, in a 350 degree oven for one hour. Uncover and sprinkle with the cheese and paprika. Return to the oven until the cheese melts, about 10 minutes.

(This is a special occasion dish that will impress your guests. Serve with a rich green salad, whole wheat bread and Chocolate Marengo.)

Chicken

Per Serving (excluding unknown items): 383 Calories; 21g Fat (50.2% calories from fat); 36g Protein; 10g Carbohydrate; 1g Dietary Fiber; 109mg Cholesterol; 551mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.