
Royal Chicken Breasts

Marge Stroven

Nettles Island Cooking in Paradise - 2014

1/4 cup oil

4 large boneless chicken breasts

1 can (7 ounce) chopped green chilies

SAUCE

1 cup whipping cream

1 tablespoon chopped parsley

1 teaspoon pepper

1 teaspoon salt

1/2 cup grated Swiss cheese

Preheat the oven to 325 degrees.

Heat the oil in a heavy large skillet over high heat. Add the chicken and brown lightly on all sides.

Transfer the chicken to a 9x13-inch glass baking dish. Arrange the chilies under the chicken. In a bowl, whisk the cream, parsley, pepper and salt to blend. Pour the mixture over the chicken. Sprinkle with cheese.

Bake until the chicken is tender, about 45 minutes to one hour.

(For more chicken, make more sauce.)

Chicken

Per Serving (excluding unknown items): 1309 Calories; 143g Fat (96.0% calories from fat); 5g Protein; 8g Carbohydrate; 1g Dietary Fiber; 326mg Cholesterol; 2224mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 28 1/2 Fat.