

# Chicken Breasts Supreme

Beverly Carlina - Ogden, UT

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## Servings: 8

*8 skinless chicken breasts,  
halved  
1/4 cup flour  
2 1/2 teaspoons salt  
1 teaspoon paprika  
1/4 cup (or more) butter  
2 teaspoons cornstarch  
1 1/2 cups half-and-half  
1/4 cup cooking sherry  
1 teaspoon lemon rind  
1 tablespoon lemon juice  
1 cup Swiss cheese, grated  
1/2 cup parsley (for garnish)*

## Preparation Time: 30 minutes

## Cook Time: 1 hour 5 minutes

Coat the chicken with flour, salt and paprika. Lightly brown in butter in a large skillet with a lid. After browning, add 1/4 cup of water and simmer covered for 30 minutes or until the chicken is tender.

Arrange the chicken in a 9x13-inch pan.

Make gravy from the drippings by mixing cornstarch with 1/4 cup of half-and-half and stirring into the drippings in the skillet. Cook, stirring, over low heat. Gradually stir in the remaining half-and-half, sherry, lemon peel and lemon juice. Cook and stir until the sauce is thick. Pour over the chicken in the baking pan.

Bake, covered, for 35 minutes at 350 degrees.

Remove the cover, sprinkle with cheese and bake until the cheese melt.

Garnish with parsley.

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Per Serving (excluding unknown items): 606 Calories; 34g Fat (52.0% calories from fat); 65g Protein; 5g Carbohydrate; trace Dietary Fiber; 206mg Cholesterol; 916mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 0 Fruit; 1 Fat.