

# Chicken Saute`

Me J. O'Neal - Choudrant, LA

Treasure Classics - National LP Gas Association - 1985

## Servings: 4

*1/2 cup chopped onion  
2 tablespoons snipped  
parsley  
1 clove garlic, minced  
1/2 teaspoon dried  
marjoram  
3 teaspoons lite margarine  
2 whole chicken breasts,  
deboned, skinned and  
halved  
2/3 cup tomato puree'  
1/3 cup dry red wine  
1/3 cup water  
1/2 teaspoon lite salt  
1/8 teaspoon pepper  
2 teaspoons cornstarch  
1 teaspoon cold snipped  
parsley (for garnish)*

## Preparation Time: 15 minutes

### Cook Time: 45 minutes

In a skillet, lightly saute' the onion, parsley, garlic and marjoram in one tablespoon of margarine. Set aside.

Add the remaining two tablespoons of margarine to the skillet and brown the chicken on all sides.

In a bowl, combine the tomato puree', wine, water, salt and pepper. Add to the skillet along with the onion mixture.

Cover and simmer for 45 minutes.

In a bowl, combine the cornstarch and one tablespoon of cold water. Add to the skillet. Thicken and serve. Garnish with cold snipped parsley.

Serve over brown rice.

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Per Serving (excluding unknown items): 278 Calories; 13g Fat (47.0% calories from fat); 31g Protein; 4g Carbohydrate; trace Dietary Fiber; 93mg Cholesterol; 105mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.