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# Poki Joe`s Famous Melodious Chicken

*Poki Joe`s Cafe - Sarasota, FL*

*Sarasota`s Chef Du Jour - 1992*

Servings: 4

**3 (8 ounce) chicken breasts**  
**1/2 large onion, sliced**  
**1/2 red or green pepper, sliced**  
**1 large handful sliced mushrooms**  
**3/4 cup grated mozzarella cheese**  
**3/4 cup mild provolone cheese**  
**1/3 cup sliced blanched almonds**  
**1/3 cup pecan pieces**  
**6 tablespoons olive oil**  
**6 tablespoons margarine**  
**2 tablespoons fresh chopped parsley**  
**salt (to taste)**  
**granulated garlic (to taste)**

Dip the chicken breasts in white flour (Add a little salt to the flour if you like).

Saute' the breasts in olive oil until golden brown. Do not overcook.

While the breasts are cooking, in another pan add olive oil and margarine. Add the sliced onions, sliced pepper and mushrooms. Saute' until the onions are translucent.

Slice the chicken breasts into strips. Add to the onions and peppers.

Add one-half of the almonds and one-half of the pecans. Add one-half of the chopped parsley and salt and garlic to taste. Toss the mixture. Place the mixture in a casserole dish.

Place the mozzarella and provolone cheeses over the top. Sprinkle the remaining nuts over the cheese. Top with the remaining parsley.

Bake in the oven at 350 degrees for 5 minutes to melt the cheese.

## **Chicken**

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*Per Serving (excluding unknown items): 575 Calories; 50g Fat (78.2% calories from fat); 29g Protein; 2g Carbohydrate; trace Dietary Fiber; 87mg Cholesterol; 287mg Sodium. Exchanges: 4 Lean Meat; 1/2 Vegetable; 7 1/2 Fat.*