

Pasta with Chicken, Broccoli and Cream Sherry

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Servings: 4

*3 large boneless/ skinless
chicken breast halves
3/4 pound bow tie pasta
flour
salt
pepper
1 pound broccoli, cut in
florets
olive oil
1/2 cup butter
3 lasrge cloves garlic,
pressed
1/2 cup cream sherry
1 cup freshly grated
Parmesan cheese*

Pound the chicken breasts halves between sheets of waxed paper until flattened.

Place flour into a large bowl. Season with salt and pepper. Dredge the chicken breasts lightly iin the seasoned flour. Cut each breast half into 1/4-inch strips.

In a saucepan, cook the pasta until al dente. Drain and drizzle with olive oi to prevent sticking.

In a saucepan, cook the broccoli in boiling water briefly (about 1 minute). Drain.

In a large skillet melt butter over medium heat. Add garlic and cook for 1 minute. Add the chicken and cook for 1 minute on each side. Add the broccoli. Increase the heat and add the cream sherry. Cook for 1 minutes more and add the cooked pasta and half of the cheese. Stir the mixture and season to raste.

Serve the pasta with the remaining cheese sprinkled on the top.

Per Serving (excluding unknown items): 413 Calories; 33g Fat (71.7% calories from fat); 25g Protein; 4g Carbohydrate; 2g Dietary Fiber; 132mg Cholesterol; 322mg Sodium. Exchanges: 3 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat.