

Chicken

Chicken Breasts Florentine

Better Homes and Gardens All-Time favorite Casseroles

Servings: 6

2 Packages (10 Oz) frozen chopped spinach

6 skinless, boneless chicken breasts

1 rib celery, cut up

1/2 medium onion, cut up

1/2 teaspoon salt

1/4 cup butter or margarine

1/4 cup all-purpose flour

dash white pepper

1 cup light cream

1/2 cup Parmesan cheese, grated

dash ground nutmeg

Preheat oven to 375 degrees.

Cook spinach according to package directions; drain well.

Place chicken in a saucepan with celery, onion, salt and one cup of water. Bring to a boil; reduce heat and simmer until meat is tender, about 20 minutes. Remove chicken from broth. Strain broth; reserve one cup. Discard vegetables.

In a saucepan, melt butter; blend in flour and papper. Stir in reserved broth and cream. Cook and stir until thickened and bubbly. Remove from heat; stir 1/2 cup of the sauce into drained spinach along with 1/2 of the cheese and the nutmeg; spread in a 10x6x2-inch baking dish. Arrange chicken on top. Pour remaining sauce over all. Sprinkle with remaining cheese and more nutmeg, if desired..

Bake, uncovered, until lightly browned, about 25 to 30 minutes.

Per Serving (excluding unknown items): 236 Calories; 18g Fat (64.9% calories from fat); 9g Protein; 13g Carbohydrate; 5g Dietary Fiber; 52mg Cholesterol; 514mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.