

Chicken

Chicken Croquettes

2 tablespoons butter or margarine
1 tablespoon onion, finely chopped
4 tablespoons flour
1 cup milk or chicken stock
2 cups cooked chicken, finely chopped
salt and pepper to taste
2 eggs
1 cup breadcrumbs

Heat butter in frying pan; add onion; cook until soft and lightly browned.

Add flour and stir until blended; slowly add milk or stock and stir over low heat until thick and smooth; season to taste.

Add chicken; chill thoroughly.

Shape into croquettes. Dip in eggs and breadcrumbs and fry in deep hot fat (375 to 385 degrees) three to five minutes or until browned.

Drain on absorbent paper towels; keep in a warm place until all are fried.

Serve warm with warm white or tomato sauce to go over the top.

Chicken and Mushroom Croquettes: Increase margarine to 3 tablespoons; saute 1 cup thinly sliced mushrooms with the chopped onion until lightly browned.

Chicken and Almond Croquettes: Increase margarine to 3 tablespoons; saute 1/2 cup blanched and shredded almonds with the onion until lightly browned.

Serving Ideas: Serve with medium thick white sauce or tomato sauce

Yield: 6 croquettes

Per Serving (excluding unknown items): 953 Calories; 46g Fat (44.6% calories from fat); 103g Protein; 25g Carbohydrate; 1g Dietary Fiber; 724mg Cholesterol; 591mg Sodium. Exchanges: 1 1/2 Grain(Starch); 14 Lean Meat; 0 Vegetable; 5 1/2 Fat.