

Chicken and Brie Mornay

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Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

4 boneless/ skinless chicken breast halves, slightly flattened
4 wedges Brie cheese, rind removed
4 whole canned artichoke hearts, well drained

MORNAY SAUCE

2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 cup milk
3 tablespoons heavy cream
1 to 2 tablespoons white wine
salt
pepper
2 to 3 tablespoons Swiss cheese, grated

Preheat the oven to 350 degrees.

Wrap a wedge of cheese around each artichoke heart. Place this in the center of each flattened chicken breast and wrap the chicken around it. Place the chicken breast, seam side down, in a baking dish which has been coated with non-stick cooking spray.

Prepare the Mornay Sauce: In a saucepan over low heat, melt the butter. Blend in the flour using a small wire whisk. Remove from the heat. Slowly add the milk, blending until the sauce is smooth.

Return to the heat. Stir in the cream and wine. Cook slowly over low heat, stirring constantly, until the sauce is smooth and thick.

Remove from the heat and gently fold in the cheese. Salt and pepper to taste. (Do not beat the sauce after the cheese is added or it will become a thick paste.)

Pour the Mornay Sauce over the chicken.

Cover and bake for about 25 minutes. Uncover. Continue baking for 20 to 30 minutes or until the chicken is tender.

Per Serving (excluding unknown items): 359 Calories; 28g Fat (69.7% calories from fat); 19g Protein; 8g Carbohydrate; trace Dietary Fiber; 91mg Cholesterol; 240mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 4 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	359	Vitamin B6 (mg):	.1mg
% Calories from Fat:	69.7%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	9.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	28g	Folacin (mcg):	13mcg
Saturated Fat (g):	18g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	5
Cholesterol (mg):	91mg	% Refuse:	0%
Carbohydrate (g):	8g		
Dietary Fiber (g):	trace		
Protein (g):	19g		
Sodium (mg):	240mg		
Potassium (mg):	176mg		
Calcium (mg):	628mg		
Iron (mg):	trace		
Zinc (mg):	3mg		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	937IU		
Vitamin A (r.e.):	268RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	4
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 359 **Calories from Fat:** 250

% Daily Values*

Total Fat 28g	42%
Saturated Fat 18g	88%
Cholesterol 91mg	30%
Sodium 240mg	10%
Total Carbohydrates 8g	3%
Dietary Fiber trace	0%
Protein 19g	
Vitamin A	19%
Vitamin C	1%
Calcium	63%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.