

Chicken

Crab-Stuffed Chicken

Better Homes and Gardens All-Time favorite Casseroles

Servings: 8

8 6-ounce boneless/skinless chicken breasts
3 tablespoons butter or margarine
1/4 cup all-purpose flour
3/4 cup milk
3/4 cup chicken broth
1/3 cup dry white wine
1/4 cup onion, chopped
1 tablespoon butter or margarine
1 can (7 1/2 oz) crab meat, drained, flaked and cartilage removed
1 can (4 oz) chopped mushrooms, drained
1/2 cup (about 10) saltine crackers, coarsely crumbled
2 tablespoons snipped parsley
1/2 teaspoon salt
dash pepper
1 cup Swiss cheese, shredded
1/2 teaspoon paprika

Preheat oven to 350 degrees.

Place one breast between two pieces of waxed paper. Working from the center out, pound chicken lightly with a meat mallet to make a cutlet about 1/8" thick. Repeat with remaining chicken.

In a saucepan, melt the three tablespoons of butter; blend in flour. Add milk, chicken broth and wine all at once; cook and stir until thickened and bubbly. Set aside.

In a skillet, cook onion in one tablespoon of butter until tender but not brown. Stir in crab, mushrooms, cracker crumbs, parsley, salt and pepper. Stir in two tablespoons of the sauce. Top each chicken piece with about 1/4 cup of the crab mixture. Fold sides in; roll up.

Place chicken rolls seam side down in a 12x7-1/2x2-inch baking dish. Pour remaining sauce over all.

Bake, covered, until chicken is tender, about one hour. Uncover; sprinkle with Swiss cheese and paprika. Bake until cheese melts, about 2 minutes longer.

Per Serving (excluding unknown items): 164 Calories; 11g Fat (61.7% calories from fat); 9g Protein; 6g Carbohydrate; trace Dietary Fiber; 47mg Cholesterol; 371mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.