

Chicken

Microwaved Chicken Kiev

Dorothy Lacombe - Hamburg, NY

Simple&Delicious Magazine - December 2011/ January 2012

Servings: 4

Start to Finish Time: 30 minutes

5 tablespoons butter, softened and divided

1/2 teaspoon chives, minced

1/4 teaspoon garlic powder

1/4 teaspoon white pepper

4 (6-ounce each) boneless/ skinless chicken breast halves

1/3 cup cornflake crumbs

1 tablespoon Parmesan cheese, grated

1/2 teaspoon dried parsley flakes

1/4 teaspoon paprika

In a small bowl, combine three tablespoons of butter, chives, garlic powder and pepper. Shape into four cubes. Cover and freeze until firm, about 10 minutes.

Flatten the chicken breast halves to 1/4-inch thickness. Place a butter cube in the center of each. Fold the long sides over the butter. Flod the ends up and secure with a toothpick.

In a shallow bowl, combine the cornflakes, cheese, parsley and paprika.

Melt the remaining butter.

Dip the chicken into the butter. Coat evenly with the cornflake mixture. Place seam-side down in a microwave-safe dish.

Microwave, uncovered, on HIGH for 5 to 6 minutes or until the chicken juices run clear and a meat thermometer reads 170 degrees. Remove the toothpicks.

Drizzle the chicken with the pan drippings, if desired.

Per Serving (excluding unknown items): 161 Calories; 15g Fat (80.9% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 40mg Cholesterol; 247mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Fat.