

Chicken Palermo

Gerry Lessly - Rolla, MO

Treasure Classics - National LP Gas Association - 1985

Yield: 6 to 8 servings

*6 to 8 boneless/ skinless
chicken breast halves
3 to 4 slices mozzarella
cheese
1/4 cup butter or margarine
1/2 cup dry bread crumbs
1/4 cup grated Parmesan
cheese
1 envelope Italian style
spaghetti sauce mix
1 cup water
1/2 cup red wine or sherry
1 can (6 ounce) tomato
paste
1 can 4 ounce) sliced
mushrooms, undrained*

Preparation Time: 30 minutes**Bake Time: 25 minutes**

Pound the chicken breast halves with the flat edge of a meat hammer between sheets of plastic wrap, flattening to 1/4 inch. Cut each slice of mozzarella into four strips.

Place two strips of mozzarella into the center of each breast half. Fold the chicken breast around the cheese tucking in the ends. Secure with wooden toothpicks.

In a large 13x9-inch shallow casserole dish, melt the butter. In a bowl, combine the bread crumbs and Parmesan cheese. Roll the chicken in butter and then in crumbs. Place in the same baking dish.

Bake, uncovered, at 400 degrees for 20 minutes.

Meanwhile, combine the spaghetti sauce mix in a saucepan with the water, wine, tomato paste and undrained mushrooms. Simmer for 10 minutes, stirring occasionally. Pour the sauce over the chicken.

Bake for 5 minutes longer.

Per Serving (excluding unknown items): 3415 Calories; 220g Fat (58.4% calories from fat); 277g Protein; 77g Carbohydrate; 8g Dietary Fiber; 1001mg Cholesterol; 4311mg Sodium. Exchanges: 2 1/2 Grain(Starch); 38 Lean Meat; 5 1/2 Vegetable; 21 Fat.