Swiss Chicken II

Cathy Lang - Dayton's Brookdale Home dtore
1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 8

8 chicken breast halves, skinned and boned
salt
2 eggs
1 cup fine bread crumbs
1/4 cup vegetable oil
3 tablespoons butter
1/4 cup flour
1/2 teaspoon salt
1/8 teaspoon pepper
2 1/2 cups milk
1/2 cup dry white wine
1 avocado
1 large tomato
6 ounces (1-1/2 cups) shredded Swiss cheese

Pound the chicken breasts to 1/4-inch thickness. Sprinkle lightly with salt.

In a shallow dish, beat the egg. Place the bread crumbs in a separate shallow dish. Dip the chicken in the eggs, then in the bread crumbs.

In a large skillet, heat two tablespoons of the oil. Brown the chicken, a few pieces at a time, about 2 minutes on each side, adding additional oil as needed. Set the chicken aside.

In a saucepan, melt the butter. Blend in the flour, 1/2 teaspoon of salt and the pepper. Gradually add the milk. Cook and stir until the mixture is thickened and bubbly. Cook and stir for 1 minute. Remove from the heat. Stir in the wine.

Pour half of the sauce into a 9x13x2-inch baking dish. Arrange the chicken over the sauce. Top with the remaining sauce. Cover and refrigerate for several hours or overnight.

Preheat the oven to 350 degrees.

Bake, covered, for 50 to 55 minutes.

Peel and pit the avocado. Cut it into wedges. Cut the tomato into wedges.

Remove the casserole from the oven. Sprinkle it with cheese. Top with the wedges of avocado and tomato, arranged down the middle.

Return to the oven for 2 to 3 minutes.

Chicken

Per Serving (excluding unknown items): 801 Calories; 56g Fat (63.5% calories from fat); 60g Protein; 12g Carbohydrate; 1g Dietary Fiber; 246mg Cholesterol; 549mg Sodium. Exchanges: 0 Grain(Starch); 8 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 6 Fat.