
Fancy Shredded Chicken Breast

Jane Schlieper - Dayton's Rosedale

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 6

3 whole chicken breasts, skinned, boned and halved
1 to 2 tablespoons, olive oil
1/4 teaspoon dried marjoram leaves
1/4 teaspoon dried thyme leaves
1 can (10-3/4 ounce) cream of mushroom soup
1/2 soup can water
1 can (4 ounce) mushrooms, drained
1/3 soup can sherry wine (do not use cooking sherry)

Preheat the oven to 350 degrees.

Trim all fat from the chicken. Heat oil in a heavy skillet. Brown the chicken until golden. Arrange the chicken pieces in a shallow baking dish. Sprinkle with marjoram and thyme.

In the skillet used to brown the chicken, combine the soup and water. Stir in the mushrooms.

Pour the sherry over the chicken. Pour the soup mixture over the chicken. Cover the dish with a lid or foil.

Bake for about 45 minutes. Remove the cover. Check to see if there is enough liquid.

Bake for about 15 minutes longer or until the chicken is brown, very tender and the sauce is golden.

Serve with wild rice or green noodles. Garnish with fresh fruit such as strawberries, kiwi and star fruit, if desired.

Chicken

Per Serving (excluding unknown items): 272 Calories; 15g Fat (50.9% calories from fat); 31g Protein; 2g Carbohydrate; trace Dietary Fiber; 93mg Cholesterol; 264mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.