

Rosemary Chicken

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Servings: 4

*4 chicken breast halves
1 onion, thinly sliced
2 carrots, peeled and thinly sliced
2 ribs celery, thinly sliced
4 small red potatoes, thinly sliced
salt
pepper
8 tablespoons water or white wine
1 teaspoon rosemary*

Preheat the oven to 350 degrees.

Place each chicken breast half on a large square of heavy duty foil. Evenly divide the onion, carrots, celery and potatoes on each breast. Salt and pepper to taste. Sprinkle each breast with two tablespoons of water or wine and 1/4 teaspoon of rosemary.

Fold and crimp the foil over the chicken, leaving as much of a tent as possible. Place the foil packets on a cookie sheet.

Bake for 25 to 30 minutes. Open the foil packets carefully.

Serve in the packets or on a plate.

Per Serving (excluding unknown items): 339 Calories; 14g Fat (36.7% calories from fat); 33g Protein; 20g Carbohydrate; 3g Dietary Fiber; 93mg Cholesterol; 127mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat.