

Chicken Breasts with Almonds

lillian Maxwell

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1/2 cup butter or margarine
1 clove garlic, chopped
1 tablespoon tomato paste
2 cups chicken stock
3/4 cup sour cream
12 boneless/ skinless
chicken breast halves
2 tablespoons onion,
chopped
2 tablespoons flour
2 tablespoons white wine
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons slivered
almonds*

In a skillet, heat the butter. Add the chicken and brown on all sides. Remove the chicken and keep hot.

To the pan, add the garlic and onion. Cook over low heat for 3 minutes. Add the tomato paste and flour. Stir until the mixture is smooth. Stir in the chicken stock and wine.

When the mixture returns to a boil, return the chicken to the pan and add the almonds, salt and pepper.

Cover and simmer slowly for 45 to 50 minutes.

Stir in the sour cream. Heat thoroughly. Do Not Boil.

Per Serving (excluding unknown items): 1067 Calories; 102g Fat (87.5% calories from fat); 9g Protein; 24g Carbohydrate; 3g Dietary Fiber; 248mg Cholesterol; 7497mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 20 Fat.