
Chicken Francaise II

Jennie Papa

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

Servings: 4

2 large eggs

1/4 cup flour

2 tablespoons vegetable oil

4 (4 to 5 ounce each) boneless/skinless chicken breasts

1/2 teaspoon salt

1/2 cup chicken broth

1/2 cup white wine

1/4 cup lemon juice

1/4 cup butter (no substitutes), cut up into pieces

1 tablespoon fresh parsley, chopped

ground pepper (to taste)

Preheat the oven to 300 degrees.

In a shallow pan, beat the eggs with a fork. Spread the flour in another shallow pan.

Heat oil in a large skillet over medium,-high heat. Sprinkle the chicken with salt. Dip each breast in the flour, shaking off any excess, Dip in the egg mixture. Cook the chicken for 3 minutes per side, until golden. Transfer the chicken to a plate. Place in the oven and keep warm. Discard the oil from the skillet.

Add the chicken broth, wine and lemon juice to the skillet. Bring to a boil. Boil for 6 minutes, until the mixture is reduced to 1/3 cup. Remove the pan from the heat. Whisk the butter into the sauce, until slightly thickened. Stir in the parsley and pepper.

Chicken

Per Serving (excluding unknown items): 155 Calories; 10g Fat (63.2% calories from fat); 5g Protein; 8g Carbohydrate; trace Dietary Fiber; 106mg Cholesterol; 399mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.