

# Lemon-Frosted Chicken

*Jacqueline Murphy - Hudson's Grand Rapids*

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

*Servings: 8*

*8 (four ounce) boneless chicken breast halves*

*2 stalks celery, quartered*

*1 medium onion, quartered*

*2 cloves garlic, quartered*

*1 bay leaf*

*2/3 cup light processed cream cheese, softened*

*3 tablespoons reduced-calorie mayonnaise*

*2 teaspoons lemon juice*

*3/4 teaspoon grated lemon peel*

*2 1/4 teaspoons fresh dill*

*lettuce leaves*

*24 toasted almond slices*

*8 lemon curls or slices*

*8 fresh dill sprigs*

*In a Dutch oven, combine the chicken, celery, onion, garlic and bay leaf. Add water to cover. Heat to boiling. Reduce the heat. Cover and simmer for 15 minutes or until the chicken is tender. Refrigerate the chicken in broth.*

*In a small bowl, combine the cream cheese with the mayonnaise, lemon juice and lemon peel. Stir well.*

*Remove the chicken from the broth and pat dry. Discard the broth. Spread the cream cheese mixture over the top and on the sides of the chicken. Place on a plate. Cover and refrigerate for up to two hours.*

*At serving time, place each chicken breast on a lettuce leaf. Arrange three almond slices on each. Garnish with lemon curls and a dill sprig.*

*(Serve with raisin bran muffins, marinated fresh vegetables and a fresh fruit dessert.)*

*Chicken*

*Per Serving (excluding unknown items): 23 Calories; 2g Fat (57.4% calories from fat); trace Protein; 2g Carbohydrate; trace Cholesterol; 36mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.*