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# Pollo Al Jordan

*Pamela Neall Thomas - New York*

*North American Potpourri - Autism Directory Service, Inc - 1993*

**3 whole bone-in chicken breasts, skinned**

**1/3 cup flour**

**1/3 teaspoon fresh ground black pepper**

**1 clove garlic, crushed**

**2 carrots, sliced**

**1 stalk celery, chopped**

**3/4 cup Marsala or white wine**

**1/3 cup olive oil**

**1/2 teaspoon dried thyme leaves**

**1 teaspoon dried rosemary leaves**

**1 cup chicken broth**

**1 cup tomato sauce**

**2 tablespoons flat leaf parsley, minced**

**1 tablespoon grated lemon rind**

**1/4 cup olive oil**

In a bowl, mix the flour with salt and pepper. Rinse the chicken and pat dry on paper towels.

Dredge the chicken in the flour mixture. Shake well to remove the excess.

In a large skillet, heat the oil until fragrant. Brown the chicken well. Add the herbs, crushing them between your fingers as you do. Add the onion, garlic, carrots and celery. Cover and cook over high heat for 10 minutes, shaking the pan occasionally to prevent sticking.

Add the wine, broth and tomato sauce. Simmer, covered, for about one hour or until tender.

In a bowl, mix the parsley with the lemon rind. Sprinkle over the chicken just before serving.

(This dish can be prepared the day before and reheated just before serving. Serve with rice or boiled potatoes.)

## Chicken

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*Per Serving (excluding unknown items): 1441 Calories; 127g Fat (77.3% calories from fat); 15g Protein; 69g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 2337mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 6 1/2 Vegetable; 0 Fruit; 25 Fat.*