
Ruth`s Chicken `N Mushrooms

Ruth Siegel - New Jersey

North American Potpourri - Autism Directory Service, Inc - 1993

4 pieces chicken breast

1 egg

milk

1/4 pound sliced fresh mushrooms (or 1/2 pound canned)

thin slices Swiss or Jarlsberg cheese

3 cloves garlic

seasoned crumbs combined with flour

2/3 cup chicken broth

1/3 cup (or more) wine

In a shallow bowl, combine the milk, egg and garlic. Dip the chicken breasts in the egg mixture. Place the breasts on a seving platter. Marinate, covered, overnight.

Bread the chicken. In a skillet, fry the chicken in oil or butter. (At this stage, you may freeze the chicken.)

Place the chicken in a baking dish. Top with the mushrooms and one slice of cheese. In a bowl, mix the wine and broth. Just before baking, pour the wine sauce over the chicken. Cover.

Bake for 30 minutes at 350 degrees.

(Non-company method: Dip the chicken in the same crumbs. Quick fry; Add the wine and broth, then flour in a little of the liquid to thicken. Simmer, covered, for 15 to 20 minutes.)

Chicken

Per Serving (excluding unknown items): 2115 Calories; 113g Fat (49.9% calories from fat); 252g Protein; 4g Carbohydrate; trace Dietary Fiber; 954mg Cholesterol; 1312mg Sodium. Exchanges: 36 Lean Meat; 1/2 Vegetable; 1/2 Fat.