Sage and Rosemary Boneless Chicken

Jeff Campbell
Unitarian Universalist Fellowship of Vero Beach, FL 2000

2 whole chicken breasts, cut into strips
1/3 cup flour
1/2 teaspoon onion powder
1/4 teaspoon crushed dry rosemary leaves
1/8 teaspoon ground sage
3 tablespoons oil

In a bowl, combine the flour, onion powder, rosemary and sage. Mix well. Dredge the chicken strips in the mixture to coat.

In a skillet, heat the oil over medium heat. Cook the chicken about 10 minutes, stirring often, until lightly browned and with no pink showing.

Serve over egg noodles seasoned with melted butter, sour cream and oregano.

Per Serving (excluding unknown items): 1513 Calories; 95g Fat (57.5% calories from fat); 125g Protein; 32g Carbohydrate; 1g Dietary Fiber; 371mg Cholesterol; 367mg Sodium. Exchanges: 2 Grain(Starch); 17 1/2 Lean Meat; 8 Fat.