
Swiss Chicken III

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Servings: 4

Start to Finish Time: 20 minutes

2 tablespoons flour

1 teaspoon seasoned salt

large zip-top bag

1 pound boneless chicken cutlets

2 tablespoons salted butter

1/4 cup white wine (or chicken broth)

1/2 cup reduced-sodium chicken broth or stock

1 tablespoon dried oregano

4 thin slices (3 ounce) Swiss cheese

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place the flour and seasoned salt in a zip-top bag and shake to mix. Add the chicken (wash your hands). Seal the bag tightly and shake to coat.

Melt butter in the pan and swirl to coat. Add the chicken and any remaining flour. Cook for 2 to 3 minutes on each side until the chicken is browned.

Add the wine, broth and oregano. Bring to a boil and cook for 6 to 8 minutes, turning the chicken occasionally, until the liquid is reduced by about one-half and the chicken is 165 degrees.

Top each piece of chicken with one cheese slice. Cover and cook for 1 to 2 minutes until the cheese is melted.

Serve with the sauce.

Chicken

Per Serving (excluding unknown items): 445 Calories; 31g Fat (63.5% calories from fat); 33g Protein; 8g Carbohydrate; 1g Dietary Fiber; 104mg Cholesterol; 637mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 3 1/2 Fat; 0 Other Carbohydrates.