



PRIZE
TESTED
RECIPES

Fast-Fixin' Chicken

File under Poultry
July 1987



\$50 WINNER *Gloria T. Bove, Bethlehem, Pa.*

Italian Artichokes and Chicken

Elegance and fast cooking do go together. Gloria's rich chicken recipe can be ready in 20 minutes or less—

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| 3 whole medium chicken breasts (about 2¼ pounds total), skinned, boned, and halved lengthwise | ½ cup shredded mozzarella cheese (2 ounces) |
| 1 clove garlic, minced <i>or</i> ½ teaspoon bottled minced garlic | ¼ cup dry white wine |
| 2 tablespoons margarine <i>or</i> butter | 2 tablespoons grated Parmesan cheese |
| 1 10¾-ounce can condensed cream of chicken soup | 1 6-ounce jar marinated artichoke hearts, drained and halved |
| 1 8-ounce carton dairy sour cream | Hot cooked corkscrew macaroni <i>or</i> noodles (optional) |
| | 2 tablespoons snipped parsley |

Rinse chicken; pat dry. In a 12-inch skillet cook garlic in hot margarine or butter for 15 seconds. Add chicken. Cook for 5 minutes or till light brown; turn once.

Meanwhile, in a medium mixing bowl stir together soup, sour cream, mozzarella cheese, wine, and Parmesan cheese. Add to skillet. Cover and cook 5 to 7 minutes more or till chicken is tender. Remove chicken to a platter or individual serving plates; keep warm. Stir sauce in skillet. Add artichokes. Cover and cook 1 to 2 minutes longer or till heated through. Serve with hot cooked macaroni or noodles. Sprinkle with parsley. Makes 6 servings.

Nutrition information per serving: 353 cal., 33 g pro., 8 g carbo., 20 g fat, 100 mg chol., 627 mg sodium, 0 g dietary fiber. U.S. RDA: 17% vit. A, 15% riboflavin, 61% niacin, 17% calcium, 31% phosphorus.

Buying information, page 153.