

July 10, 2015

Recipe: Crab Stuffed Chicken

Chicken Breasts Stuffed with a Crab Meat Filling and served in a White Wine Cream Sauce topped with Swiss Cheese

Servings: 6

- 6 6 ounce chicken breasts, boneless, skinless
- 4 tablespoons butter
- 1/4 cup flour
- 3/4 cup milk
- 3/4 cup chicken broth
- 1/3 cup white wine
- 1/4 cup onions, chopped
- 2 6 oz. cans crab meat, drained
- 3 ounces mushrooms, canned, chopped, drained
- 1/2 cup saltine crackers, coarsely crumbled
- 2 tablespoons fresh parsley, chopped
- 1/2 teaspoon salt
- 1 dash pepper
- 1 cup Swiss cheese, shredded



Place chicken between Plastic wrap or waxed paper and pound out to an even thickness. In a saucepan melt 3 Tbsp of the butter. Blend in flour. Add milk, broth, and wine. Cook stirring constantly, until bubbly. Set aside.

In a medium skillet cook onions in the remaining butter until tender. Stir in crab, mushrooms, cracker crumbs, parsley, salt and pepper. Stir in 4 Tbsp of the sauce and mix well. Top each chicken breast (bone side of flesh) with 1/4 of the crab mixture. Roll up and toothpick. Place seam side down in an ovenable container. Pour the remaining sauce over the breasts. Cover with foil and store in the refrigerator.

Cooking instructions:

Preheat oven to 350 degrees. Bake, covered for 1 hour. Uncover and top with the Swiss cheese. Return to oven and bake until the cheese melts.

Serving Suggestions:

Serve over a Light Pasta or Rice