



RECIPES

This chicken dish has more to it than meets the eye! Hidden under a layer of crispy coated chicken you'll find a filling of almonds, mushrooms and fresh herbs.

CHICKEN ALMOND ROLL-UPS

3 boneless, skinless chicken breasts (about 1 pound)	2 tablespoons fresh lemon juice
1 cup dry white wine (such as Chardonnay)	1 clove garlic, minced
1 1/3 cups Fisher Chef's Naturals Slivered Almonds, divided	1/2 teaspoon salt
1 package (16 ounces) mushrooms, sliced	1/4 teaspoon ground black pepper
3/4 cup (1 1/2 sticks) unsalted butter, divided	1/4 cup all-purpose flour
1/4 cup chopped fresh flat-leaf parsley	2 eggs, lightly beaten

Cut each chicken breast horizontally in half (6 total). Pound each half to 1/4-inch thickness; place in large resealable plastic bag. Add wine; seal bag. Refrigerate 8 hours or overnight.

Grind 2/3 cup almonds in food processor; set aside. Place remaining 2/3 cup almonds in large skillet over medium heat. Cook 5 to 7 minutes, stirring continuously, until golden. Transfer to bowl; set aside.

Place 1/4 cup (1/2 stick) butter in skillet over medium heat 2 minutes until melted. Add mushrooms; cook 3 minutes. Return toasted almonds to skillet; add parsley, lemon juice and garlic; cook 2 minutes. Remove from heat; set aside.

Remove chicken from marinade; pat dry. (Discard marinade.) Sprinkle with salt and pepper. Place 1/3 cup mushroom mixture over each chicken breast. Fold sides over filling; roll up. Secure rolls using toothpicks. Cover; refrigerate 1 hour.

Preheat oven to 350°F. Lightly spray 2-quart baking dish with vegetable oil spray; set aside. Place flour, eggs and ground almonds in bowls. Dredge each roll in flour, dip in egg and then in almonds. Place rolls in baking dish. Melt remaining 1/2 cup butter; drizzle over rolls. Bake 20 to 25 minutes until golden brown. Remove from oven; serve immediately.

Yield: 6 servings

Nutrition information per serving (1 chicken roll): 620 Calories, 48 g Total Fat, 18 g Saturated Fat, 0 g Trans Fat, 95 mg Cholesterol, 610 mg Sodium, 26 g Carbohydrate, 5 g Dietary Fiber, 4 g Sugars, 19 g Protein