



Chicken with 40 Cloves of Garlic

Makes 8 servings

Ingredients

2 (3-pound) whole chickens
 1 tablespoon butter
 1 tablespoon extra-virgin olive oil
 1/2 teaspoon salt
 1/4 teaspoon freshly ground black pepper
 40 garlic cloves, peeled
 1 1/4 cups fat-free, less-sodium chicken broth
 1 cup dry white wine
 24 (1/4-inch-thick) slices diagonally cut French bread
 baguette
 Chopped fresh flat-leaf parsley (optional)



Instructions

Remove and discard giblets and neck from chickens. Rinse chickens with cold water; pat dry. Trim excess fat; remove skin. Cut each chicken into 8 pieces. Combine butter and oil in a 12-inch nonstick skillet over medium-high heat. Sprinkle salt and pepper evenly over chicken. Add half of chicken pieces to pan; cook 2 minutes on each side or until golden. Remove chicken from pan; keep warm. Repeat procedure with remaining chicken.

Reduce heat to medium. Add garlic; cook 1 minute or until garlic begins to brown, stirring frequently. Arrange chicken on top of garlic. Add broth and wine; cover and cook 25 minutes or until chicken is done.

Remove chicken from pan; keep warm. Increase heat to medium-high; cook 10 minutes or until liquid is reduced to about 1 cup. Serve sauce and garlic with chicken and bread. Garnish with chopped parsley, if desired.

Nutrition Facts

Calories 343; Calories from fat 36%; Fat 13.7 g; Sat fat 3.6 g; Mono fat 4.9 g; Poly fat 3.4 g; Protein 29.6 g; Carbohydrate 24.2 g; Fiber 2 g; Cholesterol 111 mg; Iron 2.3 mg; Sodium 468 mg; Calcium 58 mg

Recipe courtesy www.myrecipes.com



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