

CHICKEN SUJENNA

1 lb. chicken parts, boned and skinned
2 T. oil
2 minced garlic cloves
3 c. dry white wine
2 T. lemon juice
1 t. salt
1/4 t. black pepper
1/3 c. pine nuts
minced parsley

Pat chicken dry and fry in hot oil about 4 minutes until lightly browned. Drain most of oil into smaller pan. Add garlic to skillet and cook until tender. Add wine, lemon juice, salt and pepper. Boil on high until alcohol evaporates. Reduce to low and simmer about 5 to 7 minutes until chicken is done. Fry pine nuts in reserved oil until golden brown. Remove chicken and boil down juice until thickened. Pour over chicken and sprinkle with pine nuts and parsley. Makes 2 servings at 465 calories each.

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