

# Crab-Stuffed Chicken With Parsley Sauce

*A very appealing company dish.*

Boneless, skinless chicken breast halves	6	6
Canned crabmeat, drained, shredded and cartilage removed	4.2 oz.	120 g
Dry fine bread crumbs	1/4 cup	60 mL
Low-fat Cheddar cheese or Swiss cheese	1/4 cup	60 mL
Finely chopped red pepper	2 tbsp.	30 mL
White wine	3 tbsp.	50 mL
Salt, sprinkle		
Pepper, sprinkle		
Low-fat chicken bouillon cube	1/2 x 1/3 oz.	1/2 x 10.5 g
Boiling water	1/2 cup	125 mL
Bay leaf	1	1
Chopped fresh parsley	3 tbsp.	50 mL
Cornstarch	2 tsp.	10 mL
White wine	1 tbsp.	15 mL

Flatten chicken between 2 sheets of plastic wrap to 1/4 inch (6 mm), using flat side of mallet or rolling pin.

Combine crabmeat, crumbs, cheese and red pepper to make stuffing. Drizzle first amount of wine over chicken to moisten. Put 1/4 cup (60 mL) stuffing in middle of each piece and roll up starting on shorter side, tucking in sides to enclose stuffing. Fasten with wooden picks or tie with butchers' twine. Sprinkle rolls with salt and pepper. Place in ungreased 2 quart (2 L) casserole dish.

Dissolve partial bouillon cube in boiling water in small cup. Pour broth into casserole dish. Add bay leaf and sprinkle parsley over rolls. Bake, covered, in 350°F (175°C) oven for 45 minutes. Remove rolls to platter. Reserve liquid but discard bay leaf.

Heat reserved liquid on stove. Combine cornstarch and second amount of white wine in small cup. Slowly whisk into reserved liquid. Boil until slightly thickened. Remove wooden picks from rolls and pour sauce over to serve. Makes 6 chicken rolls.

*1 chicken roll: 190 Calories; 32 g Protein; 3 g Total Fat (1.1 g Sat., 81.5 mg Cholesterol); 438 mg Sodium; trace Dietary Fiber*