

Crab-Stuffed Chicken Breasts

4	tablespoons	butter or margarine, divided
¼	cup	all-purpose flour
1	cup	chicken broth
¾	cup	milk
¼	cup	chopped onion
1	can (6 ounces)	crabmeat, drained, flaked and cartilage removed
1	can (4 ounces)	mushroom stems and pieces, drained
1/3	cup (about 10)	crushed saltines - crackers
2	tablespoons	minced fresh parsley
½	teaspoon	salt
	dash	pepper
4	about 1 pound	boneless skinless chicken breast halves
1	cup (4 ounces)	shredded swiss cheese
½	teaspoon	paprika
		hot cooked rice, optional

In a saucepan, melt 3 tablespoons butter. Stir in flour until smooth. Gradually stir in broth and milk. Bring to a boil; boil and stir for 2 minutes. Remove from the heat; set aside. In a skillet, sauté onion in remaining butter until tender. Add the crab, mushrooms, cracker crumbs, parsley, salt, pepper and 2 tablespoons of the white sauce; heat through. Flatten chicken to ¼-inch thickness. Spoon about ½ cup of the crab mixture on each chicken breast. Roll up and secure with a toothpick. Place in a greased 9-inch square-baking dish. Top with remaining white sauce. Cover and bake at 350° for 44-55 minutes or until chicken juices run clear. Sprinkle with cheese and paprika. Bake, uncovered, 5 minutes longer or until cheese is melted. Remove toothpicks. Serve with rice if desired.

Yield: 4 servings