

Chicken with Basil Sauce

Baked chicken breasts are so good when topped with a creamy, rich sauce. Serve this with rice or noodles to soak up every bit of flavor.

1 cup bread crumbs
1/3 cup grated Parmesan cheese
1 Tbsp. chopped parsley
2 cloves garlic, minced
1/2 tsp. dry mustard
1/2 tsp. salt
1/4 tsp. pepper
1/3 cup milk
2 tsp. Worcestershire sauce
6 boneless, skinless chicken breasts
1/2 canola oil
1 cup lightly packed basil leaves, finely chopped
1/2 cup half-and-half
1/4 cup white wine vinegar
1 egg yolk, lightly beaten

Preheat oven to 375 degrees F. Oil an 8" x 12" casserole dish and set aside. In a shallow bowl, combine bread crumbs, cheese, parsley, garlic, mustard, salt and pepper. In a second shallow bowl, combine milk and Worcestershire sauce. Place chicken in milk mixture and then bread crumbs. Then place in casserole dish. Bake, uncovered, for 20 to 25 minutes, or until chicken is cooked through and no longer pink inside. Meanwhile, in a small saucepan, combine oil, basil, half-and-half and vinegar over low heat. Stir constantly until sauce just begins to bubble. Stir a Tbsp. of the hot sauce into the egg yolk and then whisk egg into the sauce. Stir until thickened but do not boil. Serve chicken with sauce

Enjoy!

Serves 6.

