

Chicken Scampi

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Serves 4 (generous servings, you could stretch to 6)

Blue – 8 points (4 servings)

Purple – 8 points (4 servings)

Green – 11 points (4 servings)

- 1 1/2 lbs chicken breasts, cut into cubes
- 1/4 cup light butter
- 1/8 tsp crushed red pepper
- 4 oz white wine, divided
- 4 tsp all purpose flour
- 1/8 cup olive oil
- 4 cloves minced garlic
- 1/2 cup chicken broth
- 1 tsp oregano
- 2 oz parmesan, shredded
- 3 Tbsp dried plain breadcrumbs
- chopped fresh parsley for garnish

1. Simmer chicken in butter and red pepper until lightly browned. Remove chicken with a slotted spoon and place in baking dish (12x8).
2. To butter remaining in pan, add 1/4 cup wine and flour. Mix well.

3. Add rest of wine, olive oil, garlic, chicken broth, and oregano. Simmer 10 minutes. Pour over chicken.
4. Sprinkle with cheese, bread crumbs and parsley.
5. Bake at 350 for 30 minutes, uncovered. Serve over rice.